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STAFFORD APEX SWIMMING CLUB
(Affiliated to ASA Midland District and Staffordshire ASA)



2019 STAFFORD APEX WINTER MEET

License No. 3WM190532

SATURDAY 16th and SUNDAY 17th NOVEMBER

PROGRAMME OF EVENTS

SATURDAY 16th NOVEMBER

SESSION ONE

Warm up 08.25 Start 09.30

- Event 1 Boys 200 M Breaststroke
- Event 2 Girls 50 M Breaststroke
- Event 3 Boys 50 M Backstroke
- Event 4 Girls 200 M Backstroke
- Event 5 Boys 100 M Butterfly
- Event 6 Girls 100 M Freestyle
- Event 7 Boys 400 M Freestyle

SESSION TWO

Warm up 13.30 Start 14.30

- Event 8 Girls 100 M Backstroke
- Event 9 Boys 100 M Breaststroke
- Event 10 Girls 200 M Freestyle
- Event 11 Boys 200 M Individual Medley
- Event 12 Girls 50 M Butterfly
- Event 13 Boys 50 M Freestyle
- Event 14 Girls 200 M Butterfly

SUNDAY 17th NOVEMBER

SESSION THREE

Warm up 08.25 Start 09.30

- Event 15 Girls 200 M Breaststroke
- Event 16 Boys 50 M Breaststroke
- Event 17 Girls 50 M Backstroke
- Event 18 Boys 200 M Backstroke
- Event 19 Girls 100 M Butterfly
- Event 20 Boys 100 M Freestyle
- Event 21 Girls 400 M Freestyle

SESSION FOUR

Warm up 13.30 Start 14.30

- Event 22 Boys 100 M Backstroke
- Event 23 Girls 100 M Breaststroke
- Event 24 Boys 200 M Freestyle
- Event 25 Girls 200 M Individual Medley
- Event 26 Boys 50 M Butterfly
- Event 27 Girls 50 M Freestyle
- Event 28 Boys 200 M Butterfly

****Please note session 2 times may change due to the number of entries received****