

# CHELSEA AND WESTMINSTER SWIMMING CLUB

(Affiliated to ASA London Region)

## SPRING LEVEL 3 INVITATIONAL

Queen Mother Sports Centre, London, 27<sup>th</sup> April 2014

Licensed by the ASA at Level 3 (3LR4478)

### ORDER OF EVENTS

<b>SESSION 1: Warm up 8:30 Session starts at 9:30 and ends by 12:30</b>		
1	Girls 8/o	200m Back
2	Boys 8/o	200m Back
3	Girls 8/10	50m Free
4	Boys 8/10	50m Free
5	Girls 11/o	100m Breast
6	Boys 11/o	100m Breast
7	Girls 8/o	200m Fly
8	Boys 8/10	50m Breast
9	Girls 8/10	50m Breast
10	Boys 11/o	100m Fly
11	Girls 11/o	100m Fly
12	Boys 8/o	200m Free
13	Girls 8/o	200m Free

<b>SESSION 2: Warm up 13:00 Session starts at 14:00 and ends by 17:00</b>		
14	Boys 8/o	200m IM
15	Girls 8/o	200m IM
16	Boys 8/10	50m Back
17	Girls 8/10	50m Back
18	Boys 11/o	100m Free
19	Girls 11/o	100m Free
20	Boys 8/o	200m Fly
21	Girls 8/10	50m Fly
22	Boys 8/10	50m Fly
23	Girls 11/o	100m Back
24	Boys 11/o	100m Back
25	Girls 8/o	200m Breast
26	Boys 8/o	200m Breast

<b>SESSION 3: SKINS EVENT Session starts at 17:30 and ends at 18:00</b>		
27	Girls – Top 6 IM times	
28	Boys – Top 6 IM times	