

SPRING MEET 2013 City of Newport Swimming Club

Spring Open Meet Programme (Short Course)

SATURDAY 4th MAY 2013

SESSION 1 WARM UP 8.00 - STARTS 9.00

1. Boys 11-12 100m Free
2. Girls 12-13 100m Breast
3. Boys 13-14 100m Back
4. Girls 9-11 100m Back
5. Boys 9-10 100m Free
6. Girls 9-11 50m Back (Level 4)
7. Boys 9-11 50m Free (Level 4)
8. Girls 200m Free Open (HDW)
9. Boys 200m Fly Open (HDW)

10 - 16 Finals of Events 1 - 7

SESSION 2 WARM UP 11.15 - STARTS 12.15

17. Boys 11-12 100m Breast
18. Girls 14&Over 100m Free
19. Boys 15&Over 100m Breast
20. Girls 9-11 100m Fly
21. Boys 9-10 100m Breast
22. Boys 400m Free Open (HDW)
23. Girls 9-11 50m Breast (Level 4)
24. Boys 9-11 50m Fly (Level 4)
25. Girls 200m Breast Open (HDW)

26 - 32 Finals of Events 17 - 21, 23 & 24

SESSION 3 WARM UP 2.30 - STARTS 3.30

33. Boys 13-14 100m Fly
34. Girls 12-13 100m Free
35. Boys 15&Over 100m Fly
36. Girls 14&Over 100m Back
37. Boys 200m Back Open (HDW)
38. Girls 200m Individual Medley Open (HDW)
39. Girls 9-11 100m Individual Medley (Level 4, HDW)

40 - 43 Finals of Events 33 - 36

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SUNDAY 5th MAY 2013

SESSION 4 WARM UP 8.00 - STARTS 9.00

- 44. Boys 11-12 100m Back
- 45. Girls 12-13 100m Back
- 46. Boys 13-14 100m Breast
- 47. Girls 9-11 100m Free
- 48. Boys 9-10 100m Back
- 49. Girls 9-11 50m Free (Level 4)
- 50. Boys 9-11 50m Breast (Level 4)
- 51. Girls 200m Fly Open (HDW)
- 52. Boys 200m Free Open (HDW)

53 - 59 Finals of Events 44 - 50

SESSION 5 WARM UP 11.15 - STARTS 12.15

- 60. Boys 11-12 100m Fly
- 61. Girls 14&Over 100m Breast
- 62. Boys 15&Over 100m Back
- 63. Girls 9-11 100m Breast
- 64. Boys 9-10 100m Fly
- 65. Girls 400m Free Open (HDW)
- 66. Girls 9-11 50m Fly (Level 4)
- 67. Boys 9-11 50m Back (Level 4)
- 68. Boys 200m Breast Open (HDW)

69 - 75 Finals of Events 60 - 64, 66 & 67

SESSION 6 WARM UP 2.30 - STARTS 3:20

- 76. Girls 12-13 100m Fly
- 77. Boys 13-14 100m Free
- 78. Girls 14&Over 100m Fly
- 79. Boys 15&Over 100m Free
- 80. Girls 200m Back Open (HDW)
- 81. Boys 200m Individual Medley Open (HDW)
- 82. Boys 9-11 100m Individual Medley (Level 4, HDW)

83 - 86 Finals of Events 76 - 79