

Affiliated to Essex County ASA & the ASA East Region

# COLCHESTER

## SWIMMING CLUB



## Club Championships 2018

(This licensed meet shall be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing criteria.)

Level 4 Licence No: : 4ER180896, 4ER180897, 4ER180898, 4ER180899, 4ER180900, 4ER180901, 4ER180902

### Friday 28<sup>th</sup> September 2018 6 pm to 8.30 pm 4ER.....

200m IM - Girls - All Squads  
400m IM - Boys - All Squads  
50m Butterfly - Girls and Boys - Academy/Junior/Young Potential only  
50m Freestyle - Girls and Boys - Academy/Junior/Young Potential only  
**6 pm - 6.13 pm - 13 minute Warm up in competition pool and pit**  
Start of racing 6.15 pm

### Saturday 29<sup>th</sup> September 2018 7.15 pm to 9.45 pm 4ER.....

50m Backstroke - Girls and Boys - Academy/Junior/Young Potential only  
100m Butterfly - Girls and Boys - All Squads  
50m Breaststroke - Girls and Boys - Academy/Junior/Young Potential only  
100m Backstroke - Girls and Boys - All squads  
800 m combined - 2 heats  
**7 .15 pm - 7.28 pm - 13 minute Warm up in competition pool and pit**  
Start of racing 7.30 pm

### Sunday 30<sup>th</sup> September 2018 2 pm to 5 pm 4ER.....

100m Breaststroke - Girls and Boys - All Squads  
100m Freestyle - Girls and Boys - All Squads  
400m IM - Girls - All Squads  
200m IM - Boys - All Squads  
1500 m combined - 1 heat  
**2 pm - 2.13 pm - 13 minute Warm up in competition pool and pit**  
Start of racing 2.15 pm

### Tuesday 2<sup>nd</sup> October 2018 5pm to 6.30pm 4ER.....

800m Freestyle - Combined Girls and Boys - All Squads - 6 heats  
**5 pm - 5.10 pm - 10 minute rolling warm up in the pit**  
Start of racing 5.11 pm - Fastest heat to swim first

### Thursday 4<sup>th</sup> October 2018 5pm to 6.30pm 4ER.....

1500m - Combined Girls and Boys - All Squads - 3 heats  
**5 pm - 5.10 pm - 10 minute rolling warm up in the pit**  
Start of racing 5.11 pm - Fastest heat to swim first

**Friday 5<sup>th</sup> October 2018 6pm to 7.30pm 4ER.....**

400m Freestyle - Girls - All Squads - Fastest heat to swim first  
1500 m Boys - 1 heat  
6 pm - 6.10 pm - 10 minute rolling warm up in the pit  
Start of racing 6.11 pm

**Monday 8th October 2018 5pm to 6.30pm 4ER.....**

400m Freestyle - Boys - All Squads - Fastest heat to swim first  
1500 m Girls - 1 heat  
800m Girls - 1 heat  
5 pm - 5.10 pm - 10 minute rolling warm up in the pit  
Start of racing 5.11 pm