



# The City of Stoke on Trent S.C. (COSACSS)

## B Grade MEET

(under A.S.A Law and A.S.A Technical Rules)



### PROGRAMME OF EVENTS

#### SESSION 1: (WARM UP 8:30am, START 9:30am) SATURDAY 26<sup>th</sup> SEPTEMBER 2009

Event No	Sex	Event	Length	Ages
101	Boys	Breaststroke	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
102	Girls	Butterfly	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
103	Boys	Backstroke	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
104	Girls	Freestyle	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
105	Boys	Ind. Medley	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
106	Girls	Breaststroke	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 2: (WARM UP 12:30pm, START 1: 30pm) SATURDAY 26<sup>th</sup> SEPTEMBER 2009

Event No	Sex	Event	Length	Ages
201	Boys	Backstroke	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
202	Girls	Ind Medley	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
203	Boys	Freestyle	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
204	Girls	Butterfly	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
205	Boys	Butterfly	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
206	Girls	Breaststroke	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 3: (WARM UP 5:00pm, START 6:00pm) SATURDAY 26<sup>th</sup> SEPTEMBER 2009

Event No	Sex	Event	Length	Ages
301	Girls	Freestyle	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
302	Boys	Backstroke	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
303	Girls	Backstroke	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
304	Boys	Freestyle	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 4: (WARM UP 8:30am, START 9:30am) SUNDAY 27<sup>th</sup> SEPTEMBER 2009

Event No	Sex	Event	Length	Ages
401	Girls	Breaststroke	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
402	Boys	Butterfly	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
403	Girls	Backstroke	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
404	Boys	Freestyle	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
405	Girls	Ind Medley	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
406	Boys	Breaststroke	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 5: (WARM UP 12:30pm, START 1: 30pm) SUNDAY 27<sup>th</sup> SEPTEMBER 2009

Event No	Sex	Event	Length	Ages
501	Girls	Backstroke	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
502	Boys	Ind Medley	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
503	Girls	Freestyle	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
504	Boys	Butterfly	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
505	Girls	Butterfly	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
506	Boys	Breaststroke	100m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV