



**The City of Stoke on Trent S.C. (COSACSS)**  
**Y2K 2010**  
**DESIGNATED OPEN 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 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
101	Mens	Freestyle	400m	Open – from 10yrs
102	Ladies	Ind Medley	400m	Open – from 10yrs
103	Mens	Freestyle	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
104	Ladies	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
105	Mens	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
106	Ladies	Freestyle	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 2: (WARM UP 12:30pm, START 1:30pm) SATURDAY 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
201	Ladies	Freestyle	400m	Open – from 10yrs
202	Mens	Ind Medley	400m	Open – from 10yrs
203	Ladies	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
204	Mens	Freestyle	100m	11yr, 12yr, 13yr, 14yr, 15/OV
205	Ladies	Ind Medley	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 3: (WARM UP 5:00pm, START 6:00pm) SATURDAY 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
301	Mens	Ind Medley	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
302	Ladies	Backstroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
303	Mens	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
304	Ladies	Breaststroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
305	Mens	Backstroke	100m	11yr, 12yr, 13yr, 14yr, 15/OV
306	Ladies	Breaststroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
307	Mens	Breaststroke	100m	11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 4: (WARM UP 8:30am, START 9:30am) SUNDAY 16<sup>th</sup> MAY 2010**

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

**SESSION 5: (WARM UP 12:45pm, START 1:45pm) SUNDAY 16<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
501	Ladies	Butterfly	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
502	Mens	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
503	Ladies	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
504	Mens	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
505	Ladies	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
506	Mens	Butterfly	100m	11yr, 12yr, 13yr, 14yr, 15/OV
507	Ladies	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV