

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT MEET

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

PROGRAMME OF EVENTS

SESSION 1: (WARM UP 8:30am, START 9:30am)

Event No	Sex	Event	Length
1	Ladies	Breaststroke	100m
2	Mens	Breaststroke	100m
3	Ladies	Freestyle	50m
4	Mens	Freestyle	50m
5	Ladies	Ind Medley	100m
6	Mens	Ind Medley	100m

SESSION 2: (WARM UP 1:00pm, START 2:00pm)

Event No	Sex	Event	Length
7	Mens	Freestyle	100m
8	Ladies	Freestyle	100m
9	Mens	Butterfly	50m
10	Ladies	Butterfly	50m
11	Mens	Backstroke	50m
12	Ladies	Backstroke	50m

SESSION 3: (WARM UP 5:30pm, START 6:30pm)

Event No	Sex	Event	Length
13	Ladies	Backstroke	100m
14	Mens	Backstroke	100m
15	Ladies	Breaststroke	50m
16	Mens	Breaststroke	50m
17	Ladies	Butterfly	100m
18	Mens	Butterfly	100m