

Affiliated to Essex County ASA & the ASA East Region

# COLCHESTER

## SWIMMING CLUB



### REGIONAL QUALIFIER MEET

This licensed meet shall be subject to Swim England Laws and Regulations and Swim England Technical Rules of Racing and to these criteria.

**Saturday - Sunday 16<sup>th</sup> & 17<sup>th</sup> March 2024**

Braintree Swimming & Fitness Centre, Level 3 Licence 3ER240460

### Programme of Events

Saturday 16 <sup>th</sup> March 2024	Saturday 16 <sup>th</sup> March 2024	Sunday 17 <sup>th</sup> March 2024	Sunday 17 <sup>th</sup> March 2024
Session 1	Session 2	Session 3	Session 4
Warm up 12.15 Start 13.15	Warm up TBC	Warm up 10.00 Start 10.45	Warm up TBC
Event 1 M/O 400m Freestyle Event 2 F 200m I.M. Event 3 M/O 50m Breaststroke Event 4 F 50m Breaststroke Event 5 M/O 100m Freestyle Event 6 F 100m Freestyle Event 7 M/O 200m Butterfly Event 8 F 200m Butterfly	Event 9 F 400m Freestyle Event 10 M/O 200m I.M. Event 11 F 50m Backstroke Event 12 M/O 50m Backstroke Event 13 F 100m Breaststroke Event 14 M/O 100m Breaststroke Event 15 F 200m Freestyle Event 16 M/O 200m Freestyle	Event 17 M/O 400m IM Event 18 F 50m Freestyle Event 19 M/O 50m Freestyle Event 20 F 200m Backstroke Event 21 M/O 200m Backstroke Event 22 F 100m Butterfly Event 23 M/O 100m Butterfly	Event 24 F 400m IM Event 25 M/O 50m Butterfly Event 26 F 50m Butterfly Event 27 M/O 200m Breaststroke Event 28 F 200m Breaststroke Event 29 M/O 100m Backstroke Event 30 F 100m Backstroke