

CANVEY ISLAND SWIMMING CLUB

4th ANNUAL WINTER OPEN MEET

Saturday 3rd and Sunday 4th December 2011

License: Level 3 – 3ER1519

****Impulse Leisure Centre, Blackshots Lane, Grays, Essex****

| Saturday, 3 rd December | | | |
|------------------------------------|---------------------------------|-------------------------------|---------------------------------|
| Session One | | Session Two | |
| Start Time: 9.30am | Warm Up: 8.00am (4 x 20mins) | Start Time : 3.10pm | Warm Up: 1.40pm (4 x 20mins) |
| Registration closes at 8.45am | | Registration closes at 2.15pm | |

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|---|-------|------------------------|----|-------|------------------------|
| 1 | Girls | 400m Freestyle | 9 | Girls | 100m Freestyle |
| 2 | Boys | 400m Individual Medley | 10 | Boys | 200m Breaststoke |
| 3 | Girls | 100m Individual Medley | 11 | Girls | 200m I.M. |
| 4 | Boys | 50m Breaststroke | 12 | Boys | 50m Backstroke |
| 5 | Girls | 200m Backstoke | 13 | Girls | 100m Breaststoke |
| 6 | Boys | 100m Fly | 14 | Boys | 100m Individual Medley |
| 7 | Girls | 50m Fly | 15 | Girls | 100m Fly |
| 8 | Boys | 200m Freestyle | 16 | Boys | 50m Freestyle |

| Sunday 4 th December | | | |
|---------------------------------|---------------------------------|-------------------------------|---------------------------------|
| Session Three | | Session Four | |
| Start Time: 9.30am | Warm Up: 8.20am (3 x 20mins) | Start Time: 2.45pm | Warm Up: 1.40pm (3 x 20mins) |
| Registration closes at 8.45am | | Registration closes at 2.15pm | |

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|----|-------|------------------------|----|-------|-------------------|
| 17 | Girls | 400m Individual Medley | 25 | Girls | 50m Backstroke |
| 18 | Boys | 400m Freestyle | 26 | Boys | 200m Fly |
| 19 | Girls | 50m Breaststoke | 27 | Girls | 100m Backstroke |
| 20 | Boys | 100m Backstroke | 28 | Boys | 100m Breaststroke |
| 21 | Girls | 200m Freestyle | 29 | Girls | 50m Freestyle |
| 22 | Boys | 50m Fly | 30 | Boys | 100m Freestyle |
| 23 | Girls | 200m Breaststoke | 31 | Girls | 200m Fly |
| 24 | Boys | 200m Individual Medley | 32 | Boys | 200m Backstroke |

This is a cardless meet so all swimmers must sign in at beginning of each session at the swimmer registration desk which will be located by the entrance to the changing rooms. Please ensure your swimmers sign in (for themselves only) before they start their warm up to avoid any disappointments on the day.