

DEVELOPMENT CHASER OPEN MEET 2010

To be Held at Arun Leisure Centre, Felpham

PROGRAMME OF EVENTS

SUNDAY 26th SEPTEMBER 2010

		Session 1	Warm up 8.30am		
1	Girls	9 years & over	200m	Freestyle	
2	Boys	11 years & over	100m	Backstroke	
3	Boys	9 -11 years	50m	Backstroke	
4	Girls	9 years & over	200m	Breaststroke	
5	Boys	11 years & over	100m	Freestyle	
6	Boys	9 - 11years	50m	Freestyle	
7	Girls	10 years & over	100m	Butterfly	
8	Girls	9 & 10 years	50m	Butterfly	
9	Boys	9 years & over	200m	Individual Medley	

		Session 2	Warm up TBC		
10	Boys	9 years & over	200m	Freestyle	
11	Girls	10 years & over	100m	Breaststroke	
12	Girls	9 & 10 years	50m	Breaststroke	
13	Boys	9 years & over	200m	Breaststroke	
14	Girls	10 years & over	100m	Freestyle	
15	Girls	9 & 10 years	50m	Freestyle	
16	Boys	11 years & over	100m	Butterfly	
17	Boys	9 -11 years	50m	Butterfly	
18	Girls	9 years & over	200m	Backstroke	

		Session 3	Warm up TBC		
19	Girls	9 years & over	200m	Butterfly	
20	Boys	9 years & over	200m	Butterfly	
21	Girls	10 years & over	100m	Backstroke	
22	Girls	9 & 10 years	50m	Backstroke	
23	Boys	9 years & over	200m	Backstroke	
24	Girls	9 years & over	200m	Individual Medley	
25	Boys	11 years & over	100m	Breaststroke	
26	Boys	9 - 11years	50m	Breaststroke	