

Gloucester City Swimming Club Summer Level 3 Open Meet

Held under ASA Technical Rules

Sat 16th & Sun 17th July 2016

GL1, Gloucester Leisure Centre, Bruton Way, Gloucester, GL1 1DT



Programme of Events

Saturday 16 th July 2016								
Session 1			Session 2			Session 3		
Warm-up			Warm-up			Warm-up		
Girls & Boys	10.15am – 11.15am		Girls & Boys	1:55pm – 2:55pm		Girls & Boys	5:30pm – 6:15pm	
Start Time: 11.20 am			Start Time: 3:00 pm			Start Time: 6:20 pm		
Finish Time: 1:46 pm			Finish Time: 5:22 pm			Finish Time: 8:57 pm		
Event 1	Boys	200m Back	Event 6	Boys	200m Fly	Event 12	Girls	200m Free
Event 2	Girls	100m Breast	Event 7	Girls	50m Fly	Event 13	Boys	400m Free
Event 3	Boys	100m IM	Event 8	Boys	100m Free	Event 14	Girls	100m Back
Event 4	Girls	50m Free	Event 9	Girls	400m IM	Event 15	Boys	200m IM
Event 5	Boys	50m Breast	Event 10	Boys	50m Back	Event 16	Girls	200m Breast
			Event 11	Girls	100m Fly			

Sunday 17 th July 2016								
Session 4			Session 5			Session 6		
Warm-up			Warm-up			Warm-up		
Girls & Boys	10.00am – 11.00am		Girls & Boys	2:10pm – 3:10 pm		Girls & Boys	5:40 pm – 6:25 pm	
Start Time: 11:05 am			Start Time: 3:15 pm			Start Time: 6:30 pm		
Finish Time: 2:01 pm			Finish Time: 5:34 pm			Finish Time: 8:45pm		
Event 17	Girls	200m Back	Event 22	Girls	200m Fly	Event 28	Boys	200m Free
Event 18	Boys	100m Breast	Event 23	Boys	50m Fly	Event 29	Girls	400m Free
Event 19	Girls	100m IM	Event 24	Girls	100m Free	Event 30	Boys	100m Back
Event 20	Boys	50m Free	Event 25	Boys	400m IM	Event 31	Girls	200m IM
Event 21	Girls	50m Breast	Event 26	Girls	50m Back	Event 32	Boys	200m Breast
			Event 27	Boys	100m Fly			

Please refer to attached upper and lower time limits for age eligibility in certain events
Speeding tickets will be issued to swimmers who achieve a time faster than the upper QT in place of a medal.

Signing in closes at start of warm up for each session.

Please note the changes of starting times, these have been enforced by GL1