



Under ASA Laws and ASA Technical Rules of Swimming. Licence No 1EM190236

## 13th Level 1 - Long Course Open Meet Ponds Forge International Pool, Sheffield Friday 5<sup>th</sup> - Sunday 7<sup>th</sup> April 2019

### SCHEDULE OF EVENTS

#### Friday

##### Session 1

**Warm Up** 5.00pm **Start** 6.00pm **Expected Finish** 9.00pm

Event	101	Male	800	Free
	102	Female	800	Free
	103	Male	1500	Free
	104	Female	1500	Free

#### Saturday

##### Session 2

**Warm Up** 8:00am  
**Start** 9.00am  
**Expected Finish** 12.30pm

Event	201	Female	200	IM
	202	Male	50	Free
	203	Female	50	Breast
	204	Male	200	Fly
	205	Female	100	Back
	206	Male	100	Breast
	207	Female	400	Free
	208	Male	200	Back

#### Sunday

##### Session 4

**Warm Up** 8:00am  
**Start** 9.00am  
**Expected Finish** 12.30pm

Event	401	Male	200	IM
	402	Female	50	Free
	403	Male	50	Breast
	404	Female	200	Fly
	405	Male	100	Back
	406	Female	100	Breast
	407	Male	400	Free
	408	Female	200	Back

#### Saturday

##### Session 3

**Warm Up** 13:00pm EST TBC  
**Start** 14.00pm EST TBC  
**Expected Finish** 17.30pm

Event	301	Female	100	Free
	302	Male	400	IM
	303	Female	50	Fly
	304	Male	50	Back
	305	Female	200	Breast
	306	Male	200	Free
	307	Female	100	Fly

#### Sunday

##### Session 5

**Warm Up** 13:00pm EST TBC  
**Start** 14.00pm EST TBC  
**Expected Finish** 17.30pm

Event	501	Male	100	Free
	502	Female	400	IM
	503	Male	50	Fly
	504	Female	50	Back
	505	Male	200	Breast
	506	Female	200	Free
	507	Male	100	Fly