



Radford Swimming Club – 28<sup>th</sup> Level 1 Open Meet  
May 8<sup>th</sup>/9<sup>th</sup> 2010 Ponds Forge, Sheffield

## Order of Events

### Saturday 8th May 2010

| <u>Session 1</u> |        | <u>Warm up</u> | <u>Start</u>  |          | <u>Session 2</u> | <u>Warm up</u> | <u>Start</u>  |
|------------------|--------|----------------|---------------|----------|------------------|----------------|---------------|
|                  |        | <b>8:30am</b>  | <b>9:30am</b> |          |                  | <b>1:00pm</b>  | <b>2:00pm</b> |
| Event 1          | Male   | 400m           | IM            | Event 9  | Male             | 200m           | Freestyle     |
| Event 2          | Female | 400m           | IM            | Event 10 | Female           | 200m           | Freestyle     |
| Event 3          | Male   | 100m           | Butterfly     | Event 11 | Male             | 100m           | Backstroke    |
| Event 4          | Female | 100m           | Butterfly     | Event 12 | Female           | 100m           | Backstroke    |
| Event 5          | Male   | 50m            | Backstroke    | Event 13 | Male             | 50m            | Breaststroke  |
| Event 6          | Female | 50m            | Backstroke    | Event 14 | Female           | 50m            | Breaststroke  |
| Event 7          | Male   | 200m           | Breaststroke  |          |                  |                |               |
| Event 8          | Female | 200m           | Breaststroke  |          |                  |                |               |

| <u>Session 3</u> |       | <u>Warm up</u> | <u>Start</u>  |
|------------------|-------|----------------|---------------|
|                  |       | <b>5:00pm</b>  | <b>5:30pm</b> |
| Event 15         | Mixed | 800m           | Freestyle     |
| Event 16         | Mixed | 1500m          | Freestyle     |

### Sunday 9<sup>th</sup> May 2010

| <u>Session 4</u> |        | <u>Warm up</u> | <u>Start</u>   |          | <u>Session 5</u> | <u>Warm up</u> | <u>Start</u>      |
|------------------|--------|----------------|----------------|----------|------------------|----------------|-------------------|
|                  |        | <b>8:30am</b>  | <b>9:30 am</b> |          |                  | <b>1:30pm</b>  | <b>2:30pm</b>     |
| Event 17         | Male   | 400m           | Freestyle      | Event 25 | Male             | 50m            | Final (Freestyle) |
| Event 18         | Female | 400m           | Freestyle      | Event 26 | Female           | 50m            | Final (Freestyle) |
| Event 19         | Male   | 100m           | Breaststroke   | Event 27 | Male             | 200m           | IM                |
| Event 20         | Female | 100m           | Breaststroke   | Event 28 | Female           | 200m           | IM                |
| Event 21         | Male   | 50m            | Freestyle      | Event 29 | Male             | 100m           | Freestyle         |
| Event 22         | Female | 50m            | Freestyle      | Event 30 | Female           | 100m           | Freestyle         |
| Event 23         | Male   | 200m           | Butterfly      | Event 31 | Male             | 50m            | Butterfly         |
| Event 24         | Female | 200m           | Butterfly      | Event 32 | Female           | 50m            | Butterfly         |
|                  |        |                |                | Event 33 | Male             | 200m           | Backstroke        |
|                  |        |                |                | Event 34 | Female           | 200m           | Backstroke        |

Please note: It is anticipated that a short interval will be taken in the middle of each session.