

RYKNELD SWIMMING CLUB

Affiliated to East Midland Region & Derbyshire A.S.A

26th JANUARY 2008 MASTERS OPEN MEET

AT SHARLEY PARK LEISURE CENTRE, CLAY CROSS, DERBYSHIRE

Under A.S.A Laws & A.S.A Technical Rules

Order of Events

Session 1 09:30 warm up for a 10:15 start

Session 2 T.B.A

1. MIXED 400m FREESTYLE	14. MIXED 200m FREESTYLE
2. LADIES 4x25m I.M	15. MENS 4x25m I.M
3. MENS 50m BREASTSTROKE	16. LADIES 50m BREASTSTROKE
4. LADIES 50m BACKSTROKE	17. MENS 50m BACKSTROKE
5. MENS 100m BUTTERFLY	18. LADIES 100m BUTTERFLY
6. LADIES 4x25m MEDLEY RELAY	19. MENS 4x50m MEDLEY RELAY
7. MENS 4x50m FREESTYLE RELAY	20. LADIES 4x25m FREESTYLE RELAY
8. LADIES 100m FREESTYLE	21. MENS 100m FREESTYLE
9. MENS 100m BACKSTROKE	22. LADIES 100m BACKSTROKE
10. LADIES 50m BUTTERFLY	23. MENS 50m BUTTERFLY
11. MENS 50m FREESTYLE	24. LADIES 50m FREESTYLE
12. LADIES 100m BREASTSTROKE	25. MENS 100m BREASTSTROKE
13. MIXED 4x25m MEDLEY TEAMS	26. MIXED 4x25m FREESTYLE TEAMS

PLEASE NOTE:

**4x25m RELAY EVENTS (6 & 20) (13 & 26) WILL INVOLVE DIVING AT THE SHALLOW END.
EVENTS (1,13,14 & 26) ARE MIXED**

**DO NOT ENTER THESE EVENTS IF YOU CANNOT EXECUTE A SHALLOW RACING DIVE
AS DEFINED BY THE ASA (YOU CAN HOWEVER START IN THE WATER)**