



Race Schedule For Thurrock Swimming Club's 'Season Opener' 2010

Session 1 Saturday 2nd October Warm Up 8am

Event	1	Boys	400m	Freestyle	HDW
Event	2	Girls	400m	I.Medley	HDW

Session 2 Saturday 2nd October Warm up 11 am

Event	3	Boys	200m	I.Medley	HDW
Event	4	Girls	200m	Freestyle	HDW
Event	5	Boys	100m	Backstroke	HDW
Event	6	Girls	100m	Breaststroke	HDW
Event	7	Boys	50m	Freestyle	HDW
Event	8	Girls	50m	Butterfly	HDW
Event	9	Boys	200m	Butterfly	HDW

Session 3 Saturday October 2nd Warm up 3.45pm

Event	10	Boys	200m	Backstroke	HDW
Event	11	Girls	200m	I.Medley	HDW
Event	12	Boys	100m	I.Medley	HDW
Event	13	Girls	100m	Butterfly	HDW
Event	14	Boys	100m	Butterfly	HDW
Event	15	Girls	50m	Breaststroke	HDW
Event	16	Boys	50m	Breaststroke	HDW
Event	17	Girls	100m	Backstroke	HDW

Notes :-

All Events are Heat Declared Winners

Swimmers from each of following age groups will be taken according to submitted / consideration times

9, 10, 11, 12, 13, 14, 15, 16, 17+

Winners Medals can be collected as soon as official results are published and will be given to the top 3 in each age group – No Medals will be posted after the event

Session 4 Sunday October 3rd Warm up 8am

Event	18	Girls	400m	Freestyle	HDW
Event	19	Boys	400m	I.Medley	HDW

Session 5 Sunday October 3rd Warm up 11am

Event	20	Girls	200m	Breaststroke	HDW
Event	21	Boys	200m	Breaststroke	HDW
Event	22	Girls	50m	Freestyle	HDW
Event	23	Boys	50m	Butterfly	HDW
Event	24	Girls	200m	Butterfly	HDW
Event	25	Boys	100m	Freestyle	HDW
Event	26	Girls	50m	Backstroke	HDW

Session 6 Sunday October 3rd Warm up 3.45pm

Event	27	Girls	100m	Freestyle	HDW
Event	28	Boys	200m	Freestyle	HDW
Event	29	Girls	200m	Backstroke	HDW
Event	30	Boys	100m	Breaststroke	HDW
Event	31	Girls	100m	I.Medley	HDW
Event	32	Boys	50m	Backstroke	HDW

Warm up :-

Boys/girls will have 25 mins each

Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.

Age of swimmers will be as of 3rd October 2010