



**Soundwell Swimming Club**  
**County Qualifier Level 3 Open Meet**  
 (Held under ASA Laws and Regulations and ASA Technical Rules of Racing)  
 Sat 1st & Sun 2nd December 2018  
 GL1, Bruton Way, Gloucester, GL1 1DT

Licence No.  
3SW181828

## Programme of Events

Saturday 1st December							
Session 1				Session 2			
Warm up: <b>10.15</b> <b>10:15 – 10:30 Girls 9-11 years</b> <b>10:30 – 10:45 Girls 12-14 years</b> <b>10:45 – 11:00 Boys 9-11 years, Girls 15+ years</b> <b>11:00 – 11:15 Boys 12+ years</b>				Warm up: <b>14.35</b> <b>14:35 – 14:50 Girls 9-11 years</b> <b>14:50 – 15:05 Girls 12-14 years</b> <b>15:05 – 15:20 Boys 9-11 years, Girls 15+ years</b> <b>15:20 – 15:35 Boys 12+ years</b>			
Event 1	Girls	400m	IM	Event 9	Boys	400m	IM
Event 2	Boys	200m	Fly	Event 10	Girls	200m	Fly
Event 3	Girls	200m	Free	Event 11	Boys	200m	Free
Event 4	Boys	50m	Back	Event 12	Girls	50m	Back
Event 5	Girls	50m	Fly	Event 13	Boys	50m	Fly
Event 6	Boys	200m	Back	Event 14	Girls	200m	Back
Event 7	Girls	100m	Free	Event 15	Boys	100m	Free
Event 8	Boys	100m	Breast	Event 16	Girls	100m	Breast
Sunday 2nd December							
Session 3				Session 4			
Warm up: <b>10.15</b> <b>10:15 – 10:30 Girls 9-11 years</b> <b>10:30 – 10:45 Girls 12-14 years</b> <b>10:45 – 11:00 Boys 9-11 years, Girls 15+ years</b> <b>11:00 – 11:15 Boys 12+ years</b>				Warm up: <b>14.35</b> <b>14:35 – 14:50 Girls 9-11 years</b> <b>14:50 – 15:05 Girls 12-14 years</b> <b>15:05 – 15:20 Boys 9-11 years, Girls 15+ years</b> <b>15:20 – 15:35 Boys 12+ years</b>			
Event 17	Girls	400m	Free	Event 24	Boys	400m	Free
Event 18	Boys	200m	Breast	Event 25	Girls	200m	Breast
Event 19	Girls	50m	Free	Event 26	Boys	50m	Free
Event 20	Boys	50m	Breast	Event 27	Girls	50m	Breast
Event 21	Girls	200m	IM	Event 28	Boys	200m	IM
Event 22	Boys	100m	Fly	Event 29	Girls	100m	Fly
Event 23	Girls	100m	Back	Event 30	Boys	100m	Back

**\*Girls 15+ years participating in the 400 IM or 400 Free can warm up alongside 9-11 years girls**

## **Swimmers will be required to sign in for 400m events.**

Medals will be given to the top 3 swimmers in the age groups 9/10, 11, 12, 13, 14, 15 and 16/over.

Any swimmer who swims faster than the Upper Qualifying Time (UQT) in a particular event will not be eligible for a medal in that event. Speeding tickets will be issued.