

**CITY OF LEICESTER SWIMMING CLUB LIMITED**

(Affiliated to ASA East Midlands Region & Leicestershire ASA)

**THE 2010 LEICESTER DISTANCE MEET**

Friday 3<sup>rd</sup>, Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> DECEMBER 2010  
(Under ASA Laws & The Technical Rules of Swimming)

**BRAUNSTONE LEISURE CENTRE ~ LEICESTER**

This event is Licensed @L2 (EM0411) By The ASA For Entry into Regional & National Championships

**PROGRAMME OF EVENTS**

**FRIDAY 3<sup>rd</sup> DECEMBER**

SESSION 1 WARM UP 5.30pm START 6.15pm SESSION LENGTH 2.5 hours

Ev No 01 Female 1500m FREESTYLE HDW

Ev No 02 Male 1500m FREESTYLE HDW

Ev No 03 Female 400m IND MEDLEY HDW

Ev No 04 Male 400m IND MEDLEY HDW

**SATURDAY 4<sup>th</sup> DECEMBER**

SESSION 2 WARM UP 8.30am START 9.30am SESSION LENGTH 3.5 hours

Ev No 05 Female 800m FREESTYLE HDW

Ev No 06 Male 200m FREESTYLE

Ev No 07 Female 200m BACKSTROKE HDW

Ev No 08 Male 200m FREESTYLE 9/10yrs FINAL

Ev No 09 Male 200m FREESTYLE 11/12yrs FINAL

Ev No 10 Male 200m FREESTYLE 13/14yrs FINAL

Ev No 11 Male 200m FREESTYLE 15/Over FINAL

SESSION 3 WARM UP TBC START TBC SESSION LENGTH 3.5 hours

Ev No 12 Female 200m IND MEDLEY

Ev No 13 Male 400m FREESTYLE HDW

Ev No 14 Female 200m BUTTERFLY HDW

Ev No 15 Male 200m BREASTSTROKE HDW

Ev No 16 Female 200m IND MEDLEY 9/10yrs FINAL

Ev No 17 Female 200m IND MEDLEY 11/12yrs FINAL

Ev No 18 Female 200m IND MEDLEY 13/14yrs FINAL

Ev No 19 Female 200m IND MEDLEY 15/Over FINAL

**SUNDAY 5<sup>th</sup> DECEMBER**

**SESSION 4 WARM UP 8.30am START 9.30am SESSION LENGTH 3.5 hours**

Ev No 20 Male 800m FREESTYLE HDW  
Ev No 21 Female 200m FREESTYLE  
Ev No 22 Male 200m BACKSTROKE HDW  
Ev No 23 Female 200m FREESTYLE 9/10yrs FINAL  
Ev No 24 Female 200m FREESTYLE 11/12yrs FINAL  
Ev No 25 Female 200m FREESTYLE 13/14yrs FINAL  
Ev No 26 Female 200m FREESTYLE 15/Over FINAL

**SESSION 5 WARM UP TBC START TBC SESSION LENGTH 3.5 HOURS**

Ev No 27 Male 200m IND MEDLEY  
Ev No 28 Female 400m FREESTYLE HDW  
Ev No 29 Male 200m BUTTERFLY HDW  
Ev No 30 Female 200m BREASTSTROKE HDW  
Ev No 31 Male 200m IND MEDLEY 9/10yrs FINAL  
Ev No 32 Male 200m IND MEDLEY 11/12yrs FINAL  
Ev No 31 Male 200m IND MEDLEY 13/14yrs FINAL  
Ev No 32 Male 200m IND MEDLEY 15/Over FINAL