

Burns Open Meet 2010

Jointly hosted by Gateshead & Whickham ASC, Derwentside ASC & Chester le Street ASC

Ponds Forge, Sheffield

Incorporating British Swimming Stage 1 Preparation Meet

30th & 31st January 2010

**Held under ASA Law & FINA Technical Rules
This event is licensed by the ASANER for entry into
National Events and Championships: Level 1**

30th & 31st January 2010

at

Ponds Forge, Sheffield

All events are HDW

Qualifying Times & Consideration Times: See attached or visit website

Please note - the fastest 3 heats of each event will be swam first

Awards for separate age groups as listed below

Ages Boys: 11, 12, 13, 14, 15/16, 17/18, Open

Girls: 11, 12, 13, 14/15, 16/17, OPEN

Live results on website during the meet

Cash awards in Open category based on top Fina points in 2 swims

Age as at 31st January 2010

Entry fee: £6 per event [includes licence levy]

Closing date: 6^h January 2010

Programme of events:

Saturday, 30th January

Session 1	Warmup	8:00	Start 9:00
Event 101	Boys	400 Metres	Individual Medley
Event 102	Girls	200 Metres	Backstroke
Event 103	Boys	100 Metres	Butterfly
Event 104	Girls	100 Metres	Breaststroke
Event 105	Boys	50 Metres	Breaststroke
Event 106	Girls	50 Metres	Backstroke
Event 107	Boys	200 Metres	Freestyle
Event 108	Girls	200 Metres	Butterfly

Session 2 Warmup TBA

Event 201	Boys	200 Metres	Individual Medley
Event 202	Girls	400 Metres	Freestyle
Event 203	Boys	200 Metres	Breaststroke
Event 204	Girls	50 Metres	Butterfly
Event 205	Boys	50 Metres	Freestyle
Event 206	Girls	100 Metres	Freestyle
Event 207	Boys	100 Metres	Backstroke

Sunday, 31st January

Session 3	Warmup	8:00	Start 9:00
Event 301	Girls	400 Metres	Individual Medley
Event 302	Boys	200 Metres	Backstroke
Event 303	Girls	100 Metres	Butterfly
Event 304	Boys	100 Metres	Breaststroke
Event 305	Girls	50 Metres	Breaststroke
Event 306	Boys	50 Metres	Backstroke
Event 307	Girls	200 Metres	Freestyle
Event 308	Boys	200 Metres	Butterfly

Session 4 Warmup TBA

Event 401	Girls	200 Metres	Individual Medley
Event 402	Boys	400 Metres	Freestyle
Event 403	Girls	200 Metres	Breaststroke
Event 404	Boys	50 Metres	Butterfly
Event 405	Girls	50 Metres	Freestyle
Event 406	Boys	100 Metres	Freestyle
Event 407	Girls	100 Metres	Backstroke

Full details are available for download at: www.burns-meet.org.uk