

# Guildford City SC

Long Distance Open Meet - 18 December 2010

Race Schedule



<b>Long Distance Open Meet</b>					
<b>Saturday 18 December 2010</b>					
<b>Warm up 11.00 for 11.30 AM Start</b>					
<b>Session 1 - LEVEL 3</b>					
<b>Event 1</b>	Girls	9 and over	800m Freestyle		<b>HDW</b>
<b>Event 2</b>	Boys	9 and over	1500m Freestyle		<b>HDW</b>
	Warm up				
<b>Event 3</b>	Girls	9 and over	1500m Freestyle		
<b>Event 4</b>	Boys	9 and over	800m Freestyle		<b>HDW</b>
					<b>HDW</b>
<b>Warm up 3.30 PM for 4.00 PM Start</b>					
<b>Session 2 - LEVEL 1</b>					
<b>Event 5</b>	Girls	9 and over	800m Freestyle		<b>HDW</b>
<b>Event 6</b>	Boys	9 and over	1500m Freestyle		<b>HDW</b>
	Warm up				
<b>Event 7</b>	Girls	9 and over	1500m Freestyle		
<b>Event 8</b>	Boys	9 and over	800m Freestyle		<b>HDW</b>
					<b>HDW</b>

## Warm up :-

Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.  
Sprint Lanes will be announced if necessary

All ages swim together  
All Events are Heat Declared Winners

Swimmers from each of following age groups will be taken according to submitted / consideration times  
Under 11, 12/13, 14/15, 16 & Over  
The 'One Start' rule will apply to all events

**Age of swimmers will be as at 18 December 2010**