

LITTLEHAMPTON LAST CHANCE OPEN MEET 2008

PROGRAMME OF EVENTS & TIMINGS

SATURDAY 26th APRIL 2008

SESSION 1		Warm Up : 8.00am	Sign In By: 8.00am		
		Start Time : 8.20am			
Event 1	Girls	9 years & over	400m	Individual Medley	
Event 2	Boys	9 years & over	400m	Freestyle	

SESSION 2		Warm Up : 10.00am	Sign In By: 10.15am		
		Start Time : 11.00am			
Event 3	Girls	10 years & over	100m	Breaststroke	
Event 4	Boys	10 years & over	100m	Backstroke	
Event 5	Girls	9 years & over	50m	Butterfly	
Event 6	Boys	9 years & over	50m	Breaststroke	
Event 7	Girls	9 years & over	200m	Backstroke	
Event 8	Boys	9 years & over	200m	Freestyle	

SESSION 3		Warm Up : 2.00pm	Sign In By: 2.15pm		
		Start Time : 3.00pm			
Event 9	Girls	9 years & over	200m	Individual Medley	
Event 10	Boys	10 years & over	100m	Freestyle	
Event 11	Girls	10 years & over	100m	Butterfly	
Event 12	Boys	9 years & over	50m	Backstroke	
Event 13	Girls	9 years & over	200m	Breaststroke	
Event 14	Boys	9 years & over	200m	Butterfly	
Event 15	Girls	9 years & over	50m	Freestyle	

SUNDAY 27th APRIL 2008

SESSION 4		Warm Up : 8.00am	Sign In By: 8.00am		
		Start Time : 8.20am			
Event 16	Girls	9 years & over	400m	Freestyle	
Event 17	Boys	9 years & over	400m	Individual Medley	

SESSION 5		Warm Up : 10.00am	Sign In By: 10.15am		
		Start Time : 11.00am			
Event 18	Girls	10 years & over	100m	Backstroke	
Event 19	Boys	10 years & over	100m	Breaststroke	
Event 20	Girls	9 years & over	50m	Breaststroke	
Event 21	Boys	9 years & over	50m	Butterfly	
Event 22	Girls	9 years & over	200m	Freestyle	
Event 23	Boys	9 years & over	200m	Backstroke	

SESSION 6		Warm Up : 2.00pm	Sign In By: 2.15pm		
		Start Time : 3.00pm			
Event 24	Boys	9 years & over	200m	Individual Medley	
Event 25	Girls	10 years & over	100m	Freestyle	
Event 26	Boys	10 years & over	100m	Butterfly	
Event 27	Girls	9 years & over	50m	Backstroke	
Event 28	Boys	9 years & over	200m	Breaststroke	
Event 29	Girls	9 years & over	200m	Butterfly	
Event 30	Boys	9 years & over	50m	Freestyle	