

# MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

## Open Inclusive of Multi-Classification Events

At Southbury Road Leisure Centre, 8; 21 & 22 May 2022

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 3LR22, & 3LR22

# Schedule of Events

| Sunday 8 May             |                   |
|--------------------------|-------------------|
| Session 1 - Warm Up 8:15 |                   |
| E1                       | Male - 400 IM     |
| E2                       | Female - 800 Free |
| E3                       | Male - 100 BR     |
| E4                       | Female - 50 Fly   |
| E5                       | Male - 100 Free   |
| E6                       | Female - 200 IM   |

| Saturday 21 May             |                   |
|-----------------------------|-------------------|
| Session 3 - Warm Up 12 noon |                   |
| E20                         | Female - 200 Free |
| E21                         | Male - 100 Fly    |
| E22                         | Female - 50 Free  |
| E23                         | Male - 50 BR      |
| E24                         | Female - 200 Back |
| E25                         | Male - 1500 Free  |

| Sunday 22 May             |                    |
|---------------------------|--------------------|
| Session 5 - Warm Up 09:45 |                    |
| E32                       | Male - 200 Free    |
| E33                       | Female - 100 Fly   |
| E34                       | Male - 50 Free     |
| E35                       | Female - 50 BR     |
| E36                       | Male - 200 Back    |
| E37                       | Female - 1500 Free |

| Session 2 - Warm Up TBC |                   |
|-------------------------|-------------------|
| E7                      | Female - 400 IM   |
| E8                      | Male - 800 Free   |
| E9                      | Female - 100 BR   |
| E10                     | Male - 50 Fly     |
| E11                     | Female - 100 Free |
| E12                     | Male - 200 IM     |

| Session 4 - Warm Up TBC |                   |
|-------------------------|-------------------|
| E26                     | Female - 200 BR   |
| E27                     | Male - 100 Back   |
| E28                     | Female - 400 Free |
| E29                     | Male - 50 Back    |
| E30                     | Female - 200 Fly  |
| E31                     | Male - 100 IM     |

| Session 6 - Warm Up TBC |                   |
|-------------------------|-------------------|
| E38                     | Male - 200 BR     |
| E39                     | Female - 100 Back |
| E40                     | Male - 400 Free   |
| E41                     | Female - 50 Back  |
| E42                     | Male - 200 Fly    |
| E43                     | Female - 100 IM   |