|  |
| --- |
| **THE TWO COUNTIES SPRING OPEN MEET 2018 AT PLYMOUTH LIFE CENTRE** |
| **Promoted by CARADON SC & DINNATON SC** |
| **This is a Level 3 Event and is Licensed by the ASA for entry into District Competitions** |
| **LICENSE NUMBER: 3SW170032** |
| **Ages as at 15th April 2018 (Last day of competition)** |
| **DATE: SATURDAY APRIL 14TH & SUNDAY APRIL 15TH 2018** |
| **Held under ASA Laws and Regulations and Technical Rules of Racing** |
| **SCHEDULE OF EVENTS – 25 metre SHORT COURSE** |
| **SESSION 1 - DATE: 14TH APRIL - Warm Up 1230 - Start TBA** |
| **NO** | **EVENT** | **Gender** | **NO** | **EVENT** | **Gender** |
| **1** | 400M FREESTYLE | **M** | **2** | 400M FREESTYLE | **F** |
| **3** | 50M BACKSTROKE | **M** | **4** | 50M BACKSTROKE | **F** |
| **5** | 100M INDIVIDUAL MEDLEY | **M** | **6** | 100M INDIVIDUAL MEDLEY | **F** |
| **7** | 200M BUTTERFLY | **M** | **8** | 200M BUTTERFLY | **F** |
| **INTERVAL** |
| **SESSION 2 - DATE: 14TH APRIL - Warm Up TBA - Start TBA** |
| **14 & UNDER MEDLEY SKINS EVENT** |
| **9** | 200M INDIVIDUAL MEDLEY | **M** | **10** | 200M INDIVIDUAL MEDLEY | **F** |
| **11** | 100M FREESTYLE | **M** | **12** | 100M FREESTYLE | **F** |
| **13** | 50M BREASTSTROKE | **M** | **14** | 50M BREASTSTROKE | **F** |
| **15** | 100M BACKSTROKE | **M** | **16** | 100M BACKSTROKE | **F** |
|  |
|
| **SESSION 3 - DATE: 15TH APRIL - Warm Up 1200 - Start TBA** |
| **17** | 200M BACKSTROKE | **M** | **18** | 200M BACKSTROKE | **F** |
| **19** | 50M FREESTYLE | **M** | **20** | 50M FREESTYLE | **F** |
| **21** | 100M BUTTERFLY | **M** | **22** | 100M BUTTERFLY | **F** |
| **23** | 200M BREASTSTROKE | **M** | **24** | 200M BREASTSTROKE | **F** |
| **INTERVAL** |
| **SESSION 4 - DATE: 15TH APRIL - Warm Up TBA - Start TBA** |
| **15 & OVER MEDLEY SKINS EVENT** |
| **25** | 200M FREESTYLE | **M** | **26** | 200M FREESTYLE | **F** |
| **27** | 50M BUTTERFLY | **M** | **28** | 50M BUTTERFLY | **F** |
| **29** | 100M BREASTSTROKE | **M** | **30** | 100M BREASTSTROKE | **F** |