

The Cardiff Bay Sprint Meet 2008
Formerly the Cardiff and Vale Clubs Sprint Meet
19th July 2008
(Cardiff International Pool)

Meet Programme

Session One Saturday	
(Warm-up 8.30am - Start 9.30am)	
<u>Event</u>	<u>Stroke</u>
1 Girls	50m Breastroke
2 Boys	50m Breastroke
3 Girls	50m Backstroke
4 Boys	50m Backstroke
5 Girls	50m Kick Race

Session Two Saturday	
(Warm-up 1.30pm - Start 2.30pm)	
<u>Event</u>	<u>Stroke</u>
6 Boys	50m Butterfly
7 Girls	50m Butterfly
8 Boys	50m Frontcrawl
9 Girls	50m Frontcrawl
10 Boys	50m Kick Race

All events will be swum as Long Course Heat Declared winners