

**HEADS OF THE VALLEY AND ABERTILLERY SC  
GREATER GWENT FASTWATER OPEN MEET  
22<sup>nd</sup> & 23<sup>rd</sup> October 2011  
PROGRAM OF EVENTS**

***DAY 1***

<b><u>SESSION 1</u></b>						
<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>	<b><u>Age Groups</u></b>	<b><u>Type</u></b>	
11	200	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
12	100	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
13	100	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
14	200	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
15	200	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
16	50	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
17	50	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age

**SESSION 2**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
21	50	Butterfly	Female	9, 10, 11, 12	HDW	Junior
22	50	Breaststroke	Male	9, 10, 11, 12	HDW	Junior
23	400	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
24	100	IM	Female	9, 10, 11, 12	HDW	Junior
25	400	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
26	50	Butterfly	Male	9, 10, 11, 12	HDW	Junior
27	50	Backstroke	Female	9, 10, 11, 12	HDW	Junior
	50	Skins	Female	10-13yrs & 14yrs plus	Final	Age

**SESSION 3**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
31	200	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
32	200	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
33	100	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
34	100	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
35	50	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
36	50	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age

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**DAY 2**

**SESSION 4**

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
41	200	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
42	100	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
43	100	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
44	200	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
45	200	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
46	50	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
47	50	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age

**SESSION 5**

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
51	50	Backstroke	Male	9, 10, 11, 12	HDW	Junior
52	50	Breaststroke	Female	9, 10, 11, 12	HDW	Junior
53	400	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
54	100	IM	Male	9, 10, 11, 12	HDW	Junior
55	400	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
56	50	Freestyle	Male	9, 10, 11, 12	HDW	Junior
57	50	Freestyle	Female	9, 10, 11, 12	HDW	Junior
	50	Skins	Male	11-14yrs / 15yrs plus	Final	Age

**SESSION 6**

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
61	200	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
62	200	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
63	100	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
64	100	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
65	50	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
66	50	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age