

Torfaen Open Meet 2011

Meet Programme – ALL EVENTS HDW

SATURDAY 25th June 2011

SESSION 1 WARM UP 7.45 - STARTS 8.15

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|----|-------|---|
| 1. | Girls | 400 Free (9/10 year old age group Not eligible) |
| 2. | Boys | 200 IM |
| 3. | Girls | 50FC |

SESSION 2 WARM UP TBC - STARTS TBC

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|----|-------|----------|
| 4. | Boys | 200m BC |
| 5. | Girls | 100m B/S |
| 6. | Boys | 100m Fly |
| 7. | Girls | 200m FC |

SESSION 3 WARM UP TBC - STARTS TBC

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|-----|-------|----------|
| 8. | Boys | 100m BC |
| 9. | Girls | 200m B/S |
| 10. | Boys | 200m Fly |
| 11. | Girls | 100m FC |

12. The Cannon - a unique Relay Event 10 x 50m (5 Girls, 5 Boys – one from each Age Group),
A cash prize and shield for the winning Team (£10 per Team entry)

SESSION 4 JUNIOR DEVELOPMENT MEET – W/U & START TBC

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|-----|-------|----------|
| 13. | Girls | 50m Back |
| 14. | Boys | 50m B/S |
| 15. | Girls | 50m Fly |
| 16. | Boys | 50m FC |
| 17. | Girls | 100m IM |

Torfaen Open Meet 2011

Meet Programme – ALL EVENTS HDW

SUNDAY 26th June 2011

SESSION 1

WARM UP 7.45 - STARTS 8.15

- | | | |
|-----|-------|---|
| 18. | Boys | 400 Free (9/10 year old age group Not eligible) |
| 19. | Girls | 200 IM |
| 20. | Boys | 50FC |

SESSION 2

WARM UP TBC - STARTS TBC

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|-----|-------|----------|
| 21. | Girls | 200m BC |
| 22. | Boys | 100m B/S |
| 23. | Girls | 100m Fly |
| 24. | Boys | 200m FC |

SESSION 3

WARM UP TBC - STARTS TBC

- | | | |
|-----|-------|----------|
| 25. | Girls | 100m BC |
| 26. | Boys | 200m B/S |
| 27. | Girls | 200m Fly |
| 28. | Boys | 100m FC |

SESSION 4

JUNIOR DEVELOPMENT MEET – W/U & START TBC

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|-----|-------|----------|
| 29. | Boys | 50m Back |
| 30. | Girls | 50m B/S |
| 31. | Boys | 50m Fly |
| 32. | Girls | 50m FC |
| 33. | Boys | 100m IM |