

**SWANSEA VALLEY JUNIOR OPEN MEET  
LEVEL 1  
LICENCE No 08WL1-016  
HELD UNDER SWIM WALES RULES  
PROGRAMME OF EVENTS**

<b>SATURDAY 10<sup>TH</sup> MAY</b>								
<b>SESSION 1</b>			<b>SESSION 2</b>			<b>SESSION 3</b>		
<b>WARM UP</b>			<b>WARM UP</b>			<b>WARM UP</b>		
		<b>08.00-08.55</b>			<b>TBC</b>			<b>TBC</b>
<b>START TIME 09.00</b>			<b>START TIME TBC</b>			<b>START TIME TBC</b>		
EVENT 1	BOYS	9/U 50M BACK	EVENT 7	GIRLS	10-13 100M BACK	EVENT 10	BOYS	9/U 50M BREAST
EVENT 2	GIRLS	10-13 200 IM HDW	EVENT 8	GIRLS	13/U 200 FREE HDW	EVENT 11	GIRLS	10-13 YR 100M FLY
EVENT 3	BOYS	10-13 100M FREE	EVENT 9	BOYS	13/U 400 FREE HDW	EVENT 12	BOYS	13/U 200M BACK HDW
EVENT 4	GIRLS	9/U 50M FLY			<b>10 MIN BREAK</b>	EVENT 13	GIRLS	9/U 50M FREE
EVENT 5	BOYS	13/U 200M FLY HDW			<b>FINALS</b>	EVENT 14	BOYS	9/U 100M IM HDW
EVENT 6	GIRLS	10-13 100M BREAST	EVENT 7	GIRLS	10YR 100M BACK	EVENT 15	GIRLS	13/U 200M BREAST HDW
		<b>BREAK</b>		GIRLS	11 YR 100M BACK			<b>BREAK</b>
		<b>FINALS</b>		GIRLS	12 YR 100M BACK			<b>FINALS</b>
EVENT 1	BOYS	9/U 50M BACK		GIRLS	13 YR 100M BACK	EVENT 10	BOYS	9/U 50M BREAST
EVENT 3	BOYS	10 YRS 100M FREE				EVENT 11	GIRLS	10 YRS 100M FLY
	BOYS	11 YRS 100M FREE					GIRLS	11 YRS 100M FLY
	BOYS	12 YRS 100M FREE					GIRLS	12 YRS 100M FLY
	BOYS	13 YRS 100M FREE					GIRLS	13YRS 100M FLY
EVENT 4	GIRLS	9/U 50M FLY				EVENT 13	GIRLS	9/U 50M FREE
EVENT 6	GIRLS	10 YRS 100M BREAST						
		11 YRS 100M BREAST						
		12 YRS 100M BREAST						
		13 YRS 100M BREAST						

**SWANSEA VALLEY JUNIOR OPEN MEET  
LEVEL 1  
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PROGRAMME OF EVENTS**

**SUNDAY 11<sup>TH</sup> MAY**

<b>SESSION 4</b>			<b>SESSION 5</b>			<b>SESSION 6</b>		
<b>WARM UP</b>			<b>WARM UP</b>			<b>WARM UP</b>		
<b>GIRLS &amp; BOYS</b>		<b>08.00-08.55</b>		<b>TBC</b>			<b>TBC</b>	
<b>START TIME 09.00</b>			<b>START TIME TBC</b>			<b>START TIME TBC</b>		
EVENT 16	GIRLS	9/U 50M BACK	EVENT 22	BOYS	10-13 100M BACK	EVENT 25	GIRLS	9/U 50M BREAST
EVENT 17	BOYS	10-13 200 IM HDW	EVENT 23	BOYS	13/U 200 FREE HDW	EVENT 26	BOYS	10-13 YR 100M FLY
EVENT 18	GIRLS	10-13 100M FREE	EVENT 24	GIRLS	13/U 400 FREE HDW	EVENT 27	GIRLS	13/U 200M BACK HDW
EVENT 19	BOYS	9/U 50M FLY			<b>10 MIN BREAK</b>	EVENT 28	BOYS	9/U 50M FREE
EVENT 20	GIRLS	13/U 200M FLY HDW			<b>FINALS</b>	EVENT 29	GIRLS	9/U 100M IM HDW
EVENT 21	BOYS	10-13 100M BREAST	EVENT 22	BOYS	10YR 100M BACK	EVENT 30	BOYS	13/U 200M BREAST HDW
		<b>BREAK</b>		BOYS	11 YR 100M BACK			<b>BREAK</b>
		<b>FINALS</b>		BOYS	12 YR 100M BACK			<b>FINALS</b>
EVENT 16	GIRLS	9/U 50M BACK		BOYS	13 YR 100M BACK	EVENT 25	GIRLS	9/U 50M BREAST
EVENT 18	GIRLS	10 YRS 100M FREE				EVENT 26	BOYS	10 YRS 100M FLY
	GIRLS	11 YRS 100M FREE					BOYS	11 YRS 100M FLY
	GIRLS	12 YRS 100M FREE					BOYS	12 YRS 100M FLY
	GIRLS	13 YRS 100M FREE					BOYS	13YRS 100M FLY
EVENT 19	BOYS	9/U 50M FLY				EVENT 29	BOYS	9/U 50M FREE
EVENT 21	BOYS	10 YRS 100M BREAST						
	BOYS	11 YRS 100M BREAST						
	BOYS	12 YRS 100M BREAST						
	BOYS	13 YRS 100M BREAST						

**SVSC OPEN MEET 2008**  
**INDIVIDUAL ENTRY FORM**  
**AGE AS ON 11<sup>TH</sup> MAY 2008**  
 Run under SWIM WALES Rules

NAME \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

CLUB \_\_\_\_\_ CONTACT NAME \_\_\_\_\_ CONTACT PHONE NUMBER \_\_\_\_\_

ENTER EVENT NUMBERS AND LATEST TIMES (CONVERTED TO SHORT COURSE POOL) IN THE APPROPRIATE BOXES BELOW  
**NO SWIMMER UNDER THE AGE OF 8 YRS CAN ACCEPTED UNDER NEW SWIM WALES RULES FOR LEVEL 1 MEETS**

	BACKSTROKE		BREASTSTROKE		BUTTERFLY		FREESTYLE		INDIVIDUAL MEDLEY	
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time
<b>50M</b>										
<b>100M</b>										
<b>200M</b>										
<b>400M</b>										

Total number of entries \_\_\_\_\_ x£4= £ \_\_\_\_\_ Pool Passes@ £10 each \_\_\_\_\_

Entry Fee: £4 per individual event. Cheques payable to 'SVSC Open Meet'. Please enclose a SAE for confirmation of entries

**CLOSING DATE FOR ENTRIES: SATURDAY 12<sup>TH</sup> APRIL 2008**

Return to: Jan Gedamke, 60, Tyn-y-Cae, Alltwen, Pontardawe, Swansea SA8 3DL