

Gloucester City Swimming Club Level 3 Sprint Meet
Held Under Swim England Laws and Regulations
and Swim England Technical Rules of Racing
Sunday 15th September 2019
GL1, Gloucester Leisure Centre, Bruton Way, Gloucester, GL1 1DT

Programme of Events

Times are approximate and will be updated and issued to all clubs once the entries are finalised

Sunday 15 th September 2019							
Session 1				Session 2			
Warm-up (Girls/Boys)				Warm-up (Girls/Boys)			
10.15am – 11.15 am				tbc			
Start Time: 11.20am				Start Time: tbc			
Finish Time: 2:20pm				Finish Time: tbc			
Event 1	Boys	50m	Fly	Event 8	Girls	100m	IM
Event 2	Girls	50m	Fly	Event 9	Boys	50m	Breast
Event 3	Boys	50m	Back	Event 10	Girls	50m	Breast
Event 4	Girls	50m	Back	Event 11	Boys	50m	Free
Event 5	Boys	100m	IM	Event 12	Girls	50m	Free
Event 6	Girls	4 x50m	Free Relay	Event 13	Boys	4 x50m	Medley Relay
Event 7	Boys	4 x 50m	Free Relay	Event 14	Girls	4 x50m	Medley Relay

Please refer to attached upper time limits for age eligibility in certain events

Signing in closes 10 minutes before warm up for each session

Notes:

1. Allocated warm-up times (i.e. age group) will be advised on the day.
2. All events are inclusive and Heat Declared Winners.
3. Medals to be collected from presentation desk.
4. The combined maximum length of sessions will be 7.5 hours per day.
5. Speeding tickets will be issued to swimmers who achieve a time faster than the upper QT in place of a medal.