

Affiliated to Essex County ASA & the ASA East Region

COLCHESTER

SWIMMING CLUB



Midsummer Madness Open Meet

Short Course Licensed Open Meet

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

Level 3 Licence No: **3ER4484**

Sunday 22 June 2014

LEISURE WORLD COLCHESTER

MORNING SESSION

Warm up; 8-9am, starts; 9am, finish; TBC

AFTERNOON SESSION

Warm up 1-2pm, start; TBC

EVENTS & AGES

- 50m; all strokes open to 9, 10, 11, 12, 13, 14, 15+
- 100m; all strokes open to 11, 12, 13, 14, 15+
 - 100 IM; open to 9, 10, 11, 12, 13, 14, 15+
- 200 Free; open to 9, 10, 11, 12, 13, 14, 15+
- 200 IM; open to 9, 10, 11, 12, 13, 14, 15+

