



Linslade Crusaders Level 4
50m, 200m & 100IM Last Chance Open Meet January 9th 2010

Session 1 – Warm-Up 8.30 am Start 9.30 am				
Event 1	All ages	Girls	100m	IM
Event 2	All ages	Boys	50m	Backstroke
Event 3	All ages	Girls	50m	Breaststroke
Event 4	All ages	Boys	200m	IM
Event 5	All ages	Girls	200m	Freestyle
Event 6	All ages	Boys	50m	Freestyle
Event 7	All ages	Girls	50m	Butterfly
Event 8	All ages	Boys	200m	Breaststroke
Event 9	All ages	Girls	200m	Backstroke
Event 10	All ages	Boys	200m	Butterfly
Session 2 – TBD				
Event 11	All ages	Boys	100m	IM
Event 12	All ages	Girls	50m	Backstroke
Event 13	All ages	Boys	50m	Breaststroke
Event 14	All ages	Girls	200m	IM
Event 15	All ages	Boys	200m	Freestyle
Event 16	All ages	Girls	50m	Freestyle
Event 17	All ages	Boys	50m	Butterfly
Event 18	All ages	Girls	200m	Breaststroke
Event 19	All ages	Boys	200m	Backstroke
Event 20	All ages	Girls	200m	Butterfly