



Abingdon Vale Swimming Club

(Affiliated to South East Region ASA, Oxon & North Bucks ASA)

www.avsc.co.uk

EVENT ORDER AND SESSION TIMINGS

DAY ONE SAT 7 JANUARY

SESSION 1

Warm-up 9.00

Start 10.00

SESSION 2

Warm-up 1.30

Start 2.30

Event No	Boys/Girls	Event	Event No	Boys/Girls	Event
1	G	200m IM	8	B	200m Back
2	B	200m Free	9	G	200m Fly
3	G	50m Breast	10	B	100m Breast
4	B	100m Fly	11	G	100m Free
5	G	100m Back	12	B	50m Back
6	B	50m Free	13	G	50m Fly
7	G	200m Breast	14	B	100m IM

DAY TWO SUN 8 JANUARY

SESSION 3

Warm-up 9.00

Start 10.00

SESSION 4

Warm-up 1.30

Start 2.30

Event No	Boys/Girls	Event	Event No	Boys/Girls	Event
15	B	200m IM	22	G	200m Back
16	G	200m Free	23	B	200m Fly
17	B	50m Breast	24	G	100m Breast
18	G	100m Fly	25	B	100m Free
19	B	100m Back	26	G	50m Back
20	G	50m Free	27	B	50m Fly
21	B	200m Breast	28	G	100m IM