



CITY OF CANTERBURY SC and DOVER LIFEGUARDS SC

Affiliated to SCASA, EIASA
Registered Charity 1144320

Icebreaker 2016

(Under ASA Laws and ASA Technical Rules)

License XXXXXXXX at level 3 for entry to level 1 and 2 meets and county and regional championships

Saturday 2nd and Sunday 3rd January 2016

at Kingsmead Leisure Centre, Canterbury, Kent, CT2 7PH

PROGRAMME OF EVENTS

| Session 1 Warm up 8.00 a.m., Start 8.45 a.m. | | | | | Session 3 Warm up 8.00 a.m., Start 8.45 a.m. | | | | |
|-------------------------------------------------|---|-----|------|--------------------------|-------------------------------------------------|---|-----|------|--------------------------|
| 1 | G | 400 | IM | 9,10,11,12,13,14,15,Open | 16 | G | 400 | Free | 9,10,11,12,13,14,15,Open |
| 2 | B | 400 | Free | 9,10,11,12,13,14,15,Open | 17 | B | 400 | IM | 9,10,11,12,13,14,15,Open |
| Warm up TBC | | | | | Warm up TBC | | | | |
| 3 | G | 100 | BRST | 9,10,11,12,13,14,15,Open | 18 | G | 100 | BACK | 9,10,11,12,13,14,15,Open |
| 4 | B | 100 | BACK | 9,10,11,12,13,14,15,Open | 19 | B | 100 | BRST | 9,10,11,12,13,14,15,Open |
| 5 | G | 50 | FLY | 9,10,11,12,13,14,15,Open | 20 | G | 50 | BRST | 9,10,11,12,13,14,15,Open |
| 6 | B | 50 | BRST | 9,10,11,12,13,14,15,Open | 21 | B | 50 | FLY | 9,10,11,12,13,14,15,Open |
| 7 | G | 200 | BACK | 9,10,11,12,13,14,15,Open | 22 | G | 200 | FREE | 9,10,11,12,13,14,15,Open |
| 8 | B | 200 | FREE | 9,10,11,12,13,14,15,Open | 23 | B | 200 | BACK | 9,10,11,12,13,14,15,Open |
| Session 2 Warm up TBC | | | | | Session 4 Warm up TBC | | | | |
| 9 | G | 200 | IM | 9,10,11,12,13,14,15,Open | 24 | B | 200 | IM | 9,10,11,12,13,14,15,Open |
| 10 | B | 100 | FREE | 9,10,11,12,13,14,15,Open | 25 | G | 100 | FREE | 9,10,11,12,13,14,15,Open |
| 11 | G | 100 | FLY | 9,10,11,12,13,14,15,Open | 26 | B | 100 | FLY | 9,10,11,12,13,14,15,Open |
| 12 | B | 50 | BACK | 9,10,11,12,13,14,15,Open | 27 | G | 50 | BACK | 9,10,11,12,13,14,15,Open |
| 13 | G | 50 | FREE | 9,10,11,12,13,14,15,Open | 28 | B | 50 | FREE | 9,10,11,12,13,14,15,Open |
| 14 | B | 200 | FLY | 9,10,11,12,13,14,15,Open | 29 | G | 200 | FLY | 9,10,11,12,13,14,15,Open |
| 15 | G | 200 | BRST | 9,10,11,12,13,14,15,Open | 30 | B | 200 | BRST | 9,10,11,12,13,14,15,Open |
| | | | | | | | | | |

HEAT DECLARED WINNER ONLY

AGES AS AT MIDNIGHT 3rd January 2016

SWIMMERS MUST BE AT LEAST NINE YEARS OLD ON THIS DATE

Further details at www.ccscswim.org.uk and www.doverlifeguard.org.uk