



CITY OF CANTERBURY SC and DOVER LIFEGUARDS SC

Affiliated to SEASA, EIASA



Icebreaker 2017

(Under ASA Laws and ASA Technical Rules)

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

Saturday 7th and Sunday 8th January 2017

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

PROGRAMME OF EVENTS

Session 1 Warm up 9.00 a.m., Start 10.00 a.m.					Session 3 Warm up 9.00 a.m., Start 10.00 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
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 1.15 p.m., Start 2.15 p.m.					Session 4 Warm up 1.15 p.m., Start 2.15 p.m.				
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 8th January 2017

SWIMMERS MUST BE AT LEAST NINE YEARS OLD ON THIS DATE

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