



CITY OF CANTERBURY SC and DOVER LIFEGUARDS SC

Affiliated to SEASA, EIASA



Icebreaker 2018

(Under ASA Laws and ASA Technical Rules)

License 3SE180291 at level 3 for entry to level 1 and 2 meets and county and regional championships

Saturday 6th and Sunday 7th January 2018

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	10,11,12/13,14/15,16+	16	G	400	Free	10,11,12/13,14/15,16+
2	B	400	Free	10,11,12/13,14/15,16+	17	B	400	IM	10,11,12/13,14/15,16+
3	G	100	BRST	10,11,12/13,14/15,16+	18	G	100	BACK	10,11,12/13,14/15,16+
4	B	100	BACK	10,11,12/13,14/15,16+	19	B	100	BRST	10,11,12/13,14/15,16+
5	G	50	FLY	10,11,12/13,14/15,16+	20	G	50	BRST	10,11,12/13,14/15,16+
6	B	50	BRST	10,11,12/13,14/15,16+	21	B	50	FLY	10,11,12/13,14/15,16+
7	G	200	BACK	10,11,12/13,14/15,16+	22	G	200	FREE	10,11,12/13,14/15,16+
8	B	200	FREE	10,11,12/13,14/15,16+	23	B	200	BACK	10,11,12/13,14/15,16+
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	10,11,12/13,14/15,16+	24	B	200	IM	10,11,12/13,14/15,16+
10	B	100	FREE	10,11,12/13,14/15,16+	25	G	100	FREE	10,11,12/13,14/15,16+
11	G	100	FLY	10,11,12/13,14/15,16+	26	B	100	FLY	10,11,12/13,14/15,16+
12	B	50	BACK	10,11,12/13,14/15,16+	27	G	50	BACK	10,11,12/13,14/15,16+
13	G	50	FREE	10,11,12/13,14/15,16+	28	B	50	FREE	10,11,12/13,14/15,16+
14	B	200	FLY	10,11,12/13,14/15,16+	29	G	200	FLY	10,11,12/13,14/15,16+
15	G	200	BRST	10,11,12/13,14/15,16+	30	B	200	BRST	10,11,12/13,14/15,16+

HEAT DECLARED WINNER ONLY

AGES AS AT 31st December 2018

SWIMMERS MUST BE AT LEAST TEN YEARS OLD ON THIS DATE

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