

<b>Sussex County Championships &amp; Age Group Competition 2017 K2 Crawley</b>			
<b>Long distance events Sunday 5th February</b>			
<b>800 Free Warm up 3.00pm, Start 3.25pm, finish app 4.40pm.</b>			
<b>1500 Free Warm up 4.45pm, Start 5.10pm, finish app 6.30pm.</b>			
<b>Saturday 11th February</b>		<b>Sunday 12th February</b>	
<b>First Session Warm ups are at 8.30 am on both days. Withdrawals close at 8.45</b>			
Girls/Boys born 2007 - 2006 - 2005 - 2004	8.30 - 8.50	Girls/Boys born 2007 - 2006 - 2005 - 2004	8.30 - 8.50
Girls/Boys born 2003 or earlier	8.50 - 9.10	Girls/Boys born 2003 or earlier	8.50 - 9.10
<b>First Sessions will Start at 9.15 on all days</b>			
Event 201 Boys 200m Freestyle		Event 301 Boys 200m Breaststroke	
Event 202 Girls 200m Backstroke		Event 302 Girls 200m IM	
<b>Withdrawals for 400m events close at 10.15am on the day of the event.</b>			
For all swimmers in the 400 metre events, there will be a further 15 minute warm up, held following the completion of the 200m events which is expected to be approximately between 10.30 - 10.45. There will be no sprint lanes during these warm ups.			
Event 203 Boys 400m IM		Event 403 Boys 400m Freestyle	
<b>Second Session Warm Ups are at 12.00 on both days. Withdrawals close at 12.15</b>			
Girls/Boys born 2007 - 2006	12.00 - 12.15	Girls/Boys born 2007 - 2006	12.00 - 12.15
Girls/Boys born 2005 - 2004	12.15 - 12.30	Girls/Boys born 2005 - 2004	12.15 - 12.30
Girls/Boys born 2003 - 2002	12.30 - 12.45	Girls/Boys born 2003 - 2002	12.30 - 12.45
Girls/Boys born 2001 or earlier	12.45 - 1.00	Girls/Boys born 2001 or earlier	12.45 - 1.00
<b>Second Session Starts at 1.05</b>		<b>Second Session Starts at 1.05</b>	
Event 204 Girls 50m Breaststroke		Event 304 Boys 50m Backstroke	
Event 205 Boys 50m Butterfly		Event 305 Girls 50m Freestyle	
Event 206 Girls 100m Freestyle		Event 306 Boys 100m Butterfly	
Event 207 Boys 100m Backstroke		Event 307 Girls 100m Breaststroke	
Event 208 Girls 200m Butterfly			
<b>Withdrawals from finals must be made by this point</b>		<b>Withdrawals from finals must be made by this point</b>	
<b>20 Minute warm up for all finalists</b>		<b>20 Minute warm up for all finalists</b>	
<b>FINALS start approximately 3.45pm</b>		<b>FINALS start approximately 3.00pm</b>	
Event 209 Boys 200m Freestyle Championship		Event 308 Girls 200m IM Championship	
Event 210 Girls 14 Yrs 100m Freestyle		Event 309 Boys 14 Yrs 100m Fly	
Event 211 Girls 13 Yrs 100m Freestyle		Event 310 Boys 13 Yrs 100m Fly	
Event 212 Girls 12 Yrs 100m Freestyle		Event 311 Boys 12 Yrs 100m Fly	
Event 213 Girls 10/11 Yrs 100m Freestyle		Event 312 Boys 10/11 Yrs 100m Fly	
Event 214 Boys 14 Yrs 100m Back		Event 313 Girls 14 Yrs 100m Breast	
<b>15 min Swim down/Warm up</b>			
Event 215 Boys Open 50m Fly Championship		Event 314 Girls Open 50m Free Championship	
Event 216 Girls Open 50m Breast Championship		Event 315 Boys Open 50m Back Championship	
Event 217 Boys 13 Yrs 100m Back		Event 316 Girls 13 Yrs 100m Breast	
Event 218 Boys 12 Yrs 100m Back		Event 317 Girls 12 Yrs 100m Breast	
Event 219 Boys 10/11 Yrs 100m Back		Event 318 Girls 10/11 Yrs 100m Breast	
Event 220 Girls Open 100m Free Championship		Event 319 Boys Open 100m Fly Championship	
Event 221 Boys Open 100m Back Championship		Event 320 Girls Open 100m Breast Championship	
<b>Expected Finish time 4.45</b>		<b>Expected Finish time 4.00</b>	
<b>Warm Up ASA SAFETY REMINDERS</b>			
Please co-operate fully with instructions from warm up marshals.			
Swim clockwise in lanes 1,3,5,7 & anti-clockwise in 2,4,6,8.			
Only enter with a safe jump, diving is not allowed.			
Coaches must supervise their own swimmers during warm up.			
One way Sprint lane availability will be announced on the day.			
Swim continuously without stationary swimmers blocking lanes or ends.			
Swimmers must exit from the side of the pool at the shallow end.			
<b>Do Not climb over the timing pads or attempt to exit the pool at the deep end.</b>			

<b>Sussex County Championships &amp; Age Group Competition 2017 K2 Crawley</b>			
<b>Saturday 25th February</b>		<b>Sunday 26th February</b>	
<b>First Session Warm ups are at 8.30 am on both days. Withdrawals close at 8.45</b>			
Girls/Boys born 2007- 2006 - 2005 - 2004	8.30 - 8.50	Girls/Boys born 2007 - 2006 - 2005 - 2004	8.30 - 8.50
Girls/Boys born 2003 or earlier	8.50 - 9.10	Girls/Boys born 2003 or earlier	8.50 - 9.10
<b>First Sessions will Start at 9.15 on both days</b>			
Event 401 Girls 200m Freestyle		Event 501 Girls 200m Breaststroke	
Event 402 Boys 200m Backstroke		Event 502 Boys 200m IM	
<b>Withdrawals for 400m events close at 10.15am on the day of the event.</b>			
For all swimmers in the 400 metre events, there will be a further 15 minute warm up, held following the completion of the 200m events which is expected to be approximately between 10.30 - 10.45. There will be no sprint lanes during these warm ups.			
Event 403 Girls 400m IM		Event 503 Girls 400 Freestyle	
<b>Second Session Warm Ups are at 12.00 on both days. Withdrawals close at 12.15</b>			
Girls/Boys born 2007 - 2006	12.00 - 12.15	Girls/Boys born 2007 - 2006	12.00 - 12.15
Girls/Boys born 2005 - 2004	12.15 - 12.30	Girls/Boys born 2005 - 2004	12.15 - 12.30
Girls/Boys born 2003 - 2002	12.30 - 12.45	Girls/Boys born 2003 - 2002	12.30 - 12.45
Girls/Boys born 2001 or earlier	12.45 - 1.00	Girls/Boys born 2001 or earlier	12.45 - 1.00
<b>Second Session Starts at 1.05</b>		<b>Second Session Starts at 1.05</b>	
Event 404 Boys 50m Breaststroke		Event 504 Girls 50m Backstroke	
Event 405 Girls 50m Butterfly		Event 505 Boys 50m Freestyle	
Event 406 Boys 100m Freestyle		Event 506 Girls 100m Butterfly	
Event 407 Girls 100m Backstroke		Event 507 Boys 100m Breaststroke	
Event 408 Boys 200m Butterfly			
<b>Withdrawals from finals must be made by this point</b>		<b>Withdrawals from finals must be made by this point</b>	
<b>20 Minute warm up for all finalists</b>		<b>20 Minute warm up for all finalists</b>	
<b>FINALS start approximately 3.45pm</b>		<b>FINALS start approximately 3.00pm</b>	
Event 409 Girls 200m Freestyle Championship		Event 508 Boys 200m IM Championship	
Event 410 Boys 14 Yrs 100m Freestyle		Event 509 Girls 14 Yrs 100m Fly	
Event 411 Boys 13 Yrs 100m Freestyle		Event 510 Girls 13 Yrs 100m Fly	
Event 412 Boys 12 Yrs 100m Freestyle		Event 511 Girls 12 Yrs 100m Fly	
Event 413 Boys 10/11 Yrs 100m Freestyle		Event 512 Girls 10/11 Yrs 100m Fly	
Event 414 Girls 14 Yrs 100m Back		Event 513 Boys 14 Yrs 100m Breast	
<b>15 min Swim down/Warm up</b>			
Event 415 Girls Open 50m Fly Championship		Event 514 Boys Open 50m Free Championship	
Event 416 Boys Open 50m Breast Championship		Event 515 Girls Open 50m Back Championship	
Event 417 Girls 13 Yrs 100m Back		Event 516 Boys 13 Yrs 100m Breast	
Event 418 Girls 12 Yrs 100m Back		Event 517 Boys 12 Yrs 100m Breast	
Event 419 Girls 10/11 Yrs 100m Back		Event 518 Boys 10/11 Yrs 100m Breast	
Event 420 Boys Open 100m Free Championship		Event 519 Girls Open 100m Fly Championship	
Event 421 Girls Open 100m Back Championship		Event 520 Boys Open 100m Breast Championship	
Expected Finish time 4.45		Expected Finish time 4.00	
<b><u>Warm Up ASA SAFETY REMINDERS</u></b>			
Please co-operate fully with instructions from warm up marshals.			
Swim clockwise in lanes 1,3,5,7 & anti-clockwise in 2,4,6,8.			
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