



**SHROPSHIRE ASA MASTER OPEN MEET**  
**SATURDAY 14TH MAY 2022**  
**PROPOSED PROGRAMME OF EVENTS**

<b>SESSION 1: WARM UP 8.30am</b>		<b>START TIME: 9am</b>
1.	Mixed 1500m Freestyle - 2 heats MAX	
2.	Mixed 800m Freestyle - 2 heats MAX	
<b>SESSION 2: WARM UP No earlier than 10am</b>		<b>START TIME:tbc</b>
3.	Mixed 4x50 freestyle Relay	
4.	Mixed 400 Individual Medley	
5.	Ladies 50m Freestyle	
6.	Mens 50m Freestyle	
7.	Ladies 100m Breastroke	
8.	Mens 100m Breastroke	
9.	Ladies 100m Individual Medley	
10.	Mens 100m Individual Medley	
11.	Ladies 50m Backstroke	
12.	Mens 50m Backstroke	
13.	Ladies 100m Butterfly	
14.	Mens 100m Butterfly	
15.	Mixed 200m Freestyle	
<b>SESSION 3: WARM UP no earlier than 1pm</b>		<b>START TIME: tbc</b>
16.	Mixed 400m Freestyle	
17.	Ladies 100m Backstroke	
18.	Mens 100m Backstroke	
19.	Ladies 50m Breastroke	
20.	Mens 50m Breastroke	
21.	Ladies 100m Freestyle	
22.	Mens 100m Freestyle	
23.	Ladies 50m Butterfly	
24.	Mens 50m Butterfly	
25.	Mixed 200m Individual Medley	
26.	Mixed 4x100 Medley Relay	

**INDIVIDUAL EVENTS: £6.00 per event and £10 per relay team**

Senior Age Group 18-24yrs

Masters Ages in 5yr age bands from 25-29yrs and upwards as far as necessary.

**RELAY EVENTS:** 3 Age Bands: 72-119yrs, 120 - 199yrs, 200+yrs