

SHROPSHIRE ASA MASTER OPEN MEET

SUNDAY 21 MAY 2023 -PROGRAMME OF EVENTS

SESSION 1: WARM UP 8.30am		START TIME: 9am
1.	Mixed 1500m Freestyle - 2 heats MAX	
SESSION 2: WARM UP 10.00am approx		START TIME:10.45am approx
2.	Mixed 4x50 freestyle Relay	
3.	Mixed 400 Individual Medley	
4.	Ladies 50m Backstroke	
5.	Mens 50m Backstroke	
6.	Ladies 100m Freestyle	
7.	Mens 100m Freestyle	
8.	Ladies 100m Breaststroke	
9.	Mens 100m Breaststroke	
10.	Ladies 50m Butterfly	
11.	Mens 50m Butterfly	
12.	Mixed 400m Freestyle	
13.	Ladies 100m Individual Medley	
14.	Mens 100m Individual Medley	
SESSION 3: WARM UP 1.45pm approx		START TIME: 2.30pm approx
15.	Mixed 800m Freestyle – MAX 2 HEATS	
16.	Ladies 50m Freestyle	
17.	Mens 50m Freestyle	
18.	Ladies 100m Backstroke	
19.	Mens 100m Backstroke	
20.	Mixed 200m Individual Medley	
21.	Ladies 50m Breaststroke	
22.	Mens 50m Breaststroke	
23.	Ladies 100m Butterfly	
24.	Mens 100m Butterfly	
25.	Mixed 200 Freestyle	
26.	Mixed 4x50m Medley Relay	

INDIVIDUAL EVENTS: 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