

Shropshire ASA Summer Meet 2023

Session 1

WARM UP 8.00-9.00

Girls 10-12 years 8.00-8.15am

Girls 13 years and over 8.15-8.30am

Boys 10-12 years 8.30-8.45am

Boys 13 years and over 8.45-9.00am

Swimming start 9.05am

Estimated finish time of main session 11.50am

Skins estimated finish time 12.50pm

Session 2

WARM UP 1.30-2.30pm

Boys 10-12 years 1.30-1.45pm

Boys 13 years and over 1.45-2.00pm

Girls 10-12 years 2.00-2.15pm

Girls 13 years and over 2.15-2.30pm

Swimming starts 2.35pm

Estimated finish time of session 4.45pm