



Nuneaton & Bedworth Swimming Club

23rd & 24th June 2018

Open Meet

For the new ASA window

Affiliated to ASA West Midland Region and Warwickshire ASA (Under ASA Laws and ASA Technical Rules of Swimming)

Saturday & Sunday

Warm up 1.00 pm Session 1

1.00 pm – 1.15pm 9YRS – 10YRS – 11YRS – 12yrs - 13yrs (Girls) 15mins
1.15 pm - 1.30pm 9YRS – 10YRS – 11YRS – 12yrs – 13yrs (Boys)
1.30 pm - 1.45 pm 14yrs & over (Girls & Boys)

Warm up 5.15.pm Session 2

5.15 pm – 5.30pm 9YRS – 10YRS – 11YRS – 12yrs - 13yrs (Girls) 15min
5.30 pm - 5.45 pm 9YRS – 10YRS – 11YRS – 12yrs – 13yrs (Boys)
5.45pm - 6.00 pm 14yrs & over (Girls & Boys)

Warm up 8.25 am Session 3

8.25 am - 8.40 am 9YRS – 10YRS – 11YRS – 12yrs - 13yrs (Girls)
8.40 am - 8.55 am 9YRS – 10YRS – 11YRS – 12yrs – 13yrs (Boys)
8.55 am - 9.10 am 14yrs & over (Girls & Boys)

Warm up 12.40 pm Session 4

12.40 pm - 12.55pm 9YRS – 10YRS – 11YRS – 12yrs - 13yrs (Girls)
12.55pm - 1.10 pm 9YRS – 10YRS – 11YRS – 12yrs – 13yrs (Boys)
1.10 pm - 1.25 pm 14yrs & over (Girls & Boys)