

**Berkshire And South Buckinghamshire
Amateur Swimming Association**

12th 'No Frills' NQT Open Meet

Aldershot Garrison Pool: Saturday 8th May 2010



Programme of Events

SESSION 1		
Warm-up 10.40am for 11.00am start		
Sign in by 10.40am		
1	Boys/Girls	1500m Freestyle
2	Boys/Girls	800m Freestyle

SESSION 2		
Warm-up 12.30pm for 1.15pm start		
Sign in by 12.30pm		
3	Girls	400m Individual Medley
4	Boys	400m Freestyle
5	Girls	100m Backstroke
6	Boys	200m Breaststroke
7	Girls	200m Butterfly
8	Boys	100m Butterfly
9	Girls	100m Freestyle
10	Boys	200m Individual Medley
11	Girls	100m Breaststroke
12	Boys	200m Freestyle
13	Girls	200m Backstroke

SESSION 3		
Warm-up 4:45pm for 5.30pm start		
Sign in by 4:45pm		
14	Boys	400m Individual Medley
15	Girls	400m Freestyle
16	Boys	100m Backstroke
17	Girls	200m Breaststroke
18	Boys	200m Butterfly
19	Girls	100m Butterfly
20	Boys	100m Freestyle
21	Girls	200m Individual Medley
22	Boys	100m Breaststroke
23	Girls	200m Freestyle
24	Boys	200m Backstroke

The programme is intended to incorporate swimmers who will be at the correct age to compete at the National BAGCAT and Youth championships in 2010.

The programme expected to be completed by 9pm

Full entry conditions on the county website: bsbasa.org/nofrills