

East District Age Group Championships - February 2010

Session: 9 S9 Heats

Warm up time

8:30	First Warm Up Boys 10-11 200 IM Girls 12-13 100 Butterfly
8:55	Second Warm Up Boys 14-15 200 IM Boys 12-13 100 Butterfly
9:25	Third Warm Up Girls 10 & Over 800 Freestyle

Session: 10 S10 Heats

Warm up time

13:30	First Warm Up Girls 10-11 200 IM Boys 10 & Over 1500 Freestyle
14:00	Second Warm Up Girls 14-15 200 IM

Session: 11 S11 Heats

Warm up time

8:30	First Warm Up Girls 10 & Over 1500 Freestyle 24 Girls 14-15 100 Backstroke 42
9:00	Second Warm Up Girls 12-13 100 Backstroke 66
9:30	Third Warm Up Boys 16 & Over 200 IM 24 Boys 12-13 100 Backstroke 30 Boys 16 & Over 200 IM 24 Boys 12-13 100 Backstroke 30

Session: 12 S12 Heats

Warm up time

13:10	First Warm Up Girls 10-11 100 Backstroke 30 Girls 16 & Over 200 IM 28 Boys 10-11 100 Backstroke 9
13:35	Second Warm Up Girls 12-13 200 IM 72
14:00	Third Warm Up Boys 10 & Over 800 Freestyle 24 Boys 12-13 200 IM 48