



Meet 5 The Earth Day Distance Championships 16th-18th April 2010

Closing Date Friday 26th March 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 1500m freestyle (Max 4 Heats)
- 2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9am Start 10am

- 3 Women's 50m Freestyle (Including Freestyle Skins Heats)
- 4 Men's 50 Freestyle (Including Freestyle Skins Heats)
- 5 Women's 100m Freestyle
- 6 Men's 400m IM
- 7 Women's 200m Butterfly
- 8 Men's 50m Backstroke
- 9 Women's 50m Breaststroke
- 10 Men's 200m Freestyle
- 11 Women's 100m Backstroke
- 12 *Men's 50m Freestyle Skins Finals*
- 13 *Women's 50m Freestyle Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 14 Men's 100m Breaststroke
- 15 Women's 400m Freestyle
- 16 Men's 200m Backstroke
- 17 Women's 200m IM
- 18 Men's 100m Butterfly
- 19 Women's 200m Breaststroke
- 20 Men's 100m IM

Sunday am Session 4 Warm up 8 am Start 9am

- 21 Men's 100 Freestyle
- 22 Women's 50m Butterfly
- 23 Men's 200m Butterfly
- 24 Women's 400m IM
- 25 Men's 50m Breaststroke
- 26 Women's 50m Backstroke
- 27 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 12:20, start 13:20 and target finish time 16:30

- 28 Men's 400m Freestyle
- 29 Women's 100m Breaststroke
- 30 Men's 200m IM
- 31 Women's 200m Backstroke
- 32 Men's 200m Breaststroke
- 33 Women's 100m Butterfly
- 34 Men's 50m Butterfly
- 35 Women's 100m IM
- 36 Women's 200m Freestyle

