

**MIDDLESBROUGH ASC**  
**(Affiliated to NDSA & asaNER)**  
**9<sup>TH</sup> OPEN MEET**

*(Under asa Laws & asa Technical Rules)*

**FRI 7 MAY / SAT 8 MAY / SUN 9 MAY 2010**

**NEPTUNE POOL, MIDDLESBROUGH**

*This event is licensed new Level 2 by the asa for entry into national events & championships and regional championships – 2NE0041*

<p style="text-align: center;"><b>Age Groups</b></p> <p>9/10 yrs 11 yrs 12 yrs 13 yrs  14 yrs (boys) 14/15 yrs (girls)  15/16 yrs (boys) 16 yrs/over (girls)  17 yrs / over (boys)</p> <p style="text-align: center;"><b>Age as at 9 May 2010</b></p>	<p style="text-align: center;"><b>SESSION 1 – FRIDAY 7 MAY 2010</b>  <b>5.30PM WARM UP, 6.30 PM START</b></p> <p>11. GIRLS 9yrs/over 200M INDIVIDUAL MEDLEY  12. BOYS 9yrs/over 200M INDIVIDUAL MEDLEY  13. GIRLS 10yrs/over 400M FREESTYLE  14. BOYS 10yrs/over 400M FREESTYLE</p>
<p style="text-align: center;"><b>SESSION 2 – SATURDAY 8 MAY 2010</b>  <b>8.30AM WARM UP, 9.30AM START</b></p> <p>21. BOYS 9-12 yrs 100M FREESTYLE  22. GIRLS 9-12 yrs 100M BUTTERFLY  23. BOYS 13yrs/over 100M BACKSTROKE  24. GIRLS 13yrs/over 100M BREASTSTROKE  25. BOYS 9-12 yrs 200M BUTTERFLY  26. GIRLS 9-12 yrs 200M FREESTYLE  27. BOYS 13yrs/over 200M BREASTSTROKE  28. GIRLS 13yrs/over 200M BACKSTROKE  29. MIDDLESBROUGH OPEN MALE SKINS / JUNIOR GIRLS SKINS</p>	<p style="text-align: center;"><b>SESSION 3 – SATURDAY 8 MAY 2010</b>  <b>1.30PM WARM UP, 2.30 PM START</b></p> <p>31. BOYS 9-12 yrs 100M BACKSTROKE  32. GIRLS 9-12 yrs 100M BREASTSTROKE  33. BOYS 13yrs/over 100M FREESTYLE  34. GIRLS 13yrs/over 100M BUTTERFLY  35. BOYS 9-12 yrs 200M BREASTSTROKE  36. GIRLS 9-12 yrs 200M BACKSTROKE  37. BOYS 13yrs/over 200M BUTTERFLY  38. GIRLS 13yrs/over 200M FREESTYLE</p>
<p style="text-align: center;"><b>SESSION 4 – SUNDAY 9 MAY 2010</b>  <b>8.30AM WARM-UP, 9.30AM START</b></p> <p>41. GIRLS 9-12 yrs 100M FREESTYLE  42. BOYS 9-12 yrs 100M BUTTERFLY  43. GIRLS 13yrs/over 100M BACKSTROKE  44. BOYS 13yrs/over 100M BREASTSTROKE  45. GIRLS 9-12 yrs 200M BUTTERFLY  46. BOYS 9-12 yrs 200M FREESTYLE  47. GIRLS 13yrs/over 200M BREASTSTROKE  48. BOYS 13yrs/over 200M BACKSTROKE  49. MIDDLESBROUGH OPEN FEMALE SKINS / JUNIOR BOYS SKINS</p>	<p style="text-align: center;"><b>SESSION 5 – SUNDAY 9 MAY 2010</b>  <b>1.30PM WARM UP, 2.30 PM START</b></p> <p>51. GIRLS 9-12 yrs 100M BACKSTROKE  52. BOYS 9-12 yrs 100M BREASTSTROKE  53. GIRLS 13yrs/over 100M FREESTYLE  54. BOYS 13yrs/over 100M BUTTERFLY  55. GIRLS 9-12 yrs 200M BREASTSTROKE  56. BOYS 9-12 yrs 200M BACKSTROKE  57. GIRLS 13yrs/over 200M BUTTERFLY  58. BOYS 13yrs/over 200M FREESTYLE</p>

**Meet Prize Money – over £1600 !**  
**Medals to 1<sup>st</sup> 6 in each age group for every event (1<sup>st</sup> 8 in 9/10 yrs)**  
**£10 vouchers for new meet records**

Full meet information available on website

[www.middlesbroughasc.co.uk](http://www.middlesbroughasc.co.uk)

Or contact [graemesmith57@ntlworld.com](mailto:graemesmith57@ntlworld.com)