

BOROUGH OF WALTHAM FOREST OLYMPIC DEVELOPMENT MEET
Level one licensed (1LR8292) by the A.S.A. for entry into National & Regional Championships
PROGRAMME OF EVENTS

Session 1 – Friday 23rd May 2008

Warm up 6.00pm. Start 6.45 pm.

1. Girls 800m Freestyle (HDW)

2. Boys 1500m Freestyle (HDW)

Session 2 – Saturday 24th May 2008

Warm up 8.00am. Start 9.00am.

3. Girls 400m Freestyle (HDW)
4. Boys 200m Ind. Medley (HDW)
5. Girls 11y.u. 100m Freestyle
6. Girls 12/13y 100m Freestyle
7. Girls 14/15y 100m Freestyle
8. Girls 16y+ 100m Freestyle
9. Boys 12y.u./13y 100m Freestyle
10. Boys 14/15y 100m Freestyle
11. Boys 16y+ 100m Freestyle
12. Girls 200m Backstroke (HDW)
13. Boys 200m Backstroke (HDW)

Finals 14 - 20 of events 5 -11

Session 4 – Sunday 25th May 2008

Warm up 9.00am. Start 10.00am.

42. Boys 400m Freestyle (HDW)
43. Girls 200m Ind. Medley (HDW)
44. Boys 12y.u./13y 100m Butterfly
45. Boys 14/15y 100m Butterfly
46. Boys 16y+ 100m Butterfly
47. Girls 11y.u 100m Butterfly
48. Girls 12/13y 100m Butterfly
49. Girls 14/15y 100m Butterfly
50. Girls 16y+ 100m Butterfly
51. Boys 200m Breaststroke (HDW)
52. Girls 200m Breaststroke (HDW)

Finals 53 – 59 of events 44 - 50

Session 3 – Saturday 24th May 2008

Warm up 1.15pm. Start 2.00pm.

21. Girls 400m Ind. Medley (HDW)
22. Boys 14/15y 50m Freestyle
23. Boys 16y+ 50m Freestyle
24. Girls 11y.u. 100m Breaststroke
25. Girls 12/13y 100m Breaststroke
26. Girls 14/15y 100m Breaststroke
27. Girls 16y+ 100m Breaststroke
28. Boys 12y.u./13y 100m Breaststroke
29. Boys 14/15y 100m Breaststroke
30. Boys 16y+ 100m Breaststroke
31. Girls 200m Butterfly (HDW)
32. Boys 200m Butterfly (HDW)

Finals 33- 41 of events 22 - 30

Session 5 – Sunday 25th May 2008

Warm up 2.15pm. Start 3.00pm.

60. Boys 400m Ind. Medley (HDW)
61. Girls 14/15y 50m Freestyle
62. Girls 16y+ 50m Freestyle
63. Boys 12y.u./13y 100m Backstroke
64. Boys 14/15y 100m Backstroke
65. Boys 16y+ 100m Backstroke
66. Girls 11y.u. 100m Backstroke
67. Girls 12/13y 100m Backstroke
68. Girls 14/15y 100m Backstroke
69. Girls 16y+ 100m Backstroke
70. Boys 200m Freestyle (HDW)
71. Girls 200m Freestyle (HDW)

Finals 72 – 80 of events 61 - 69

Age Group Explanations

Male and female – 11 years & under, 12/13 years, 14/15 years and 16 years and over.
Ages as at 25th May 2008

For simplicity and to ensure swimmers in the youngest age groups can qualify for the National Age Groups the following rules will apply as:-

In the Boys and Girls 50m freestyle, any swimmers that are 14 years old by 27th July 2008 can enter, regardless of the Youth Age Groups.

In the Girls and Boys 100m events Girls must be 11 years old by 27th July 2008 and Boys 12 years old.

In the Girls and Boys 200 and 400m events swimmers must be 11 years old by the 27th July 2008.