



# DERVENTIO EXCEL



**2nd Long Course Open Meet**  
**Ponds Forge International Pool, Sheffield**  
**31<sup>st</sup> May & 1<sup>st</sup> June 2008**  
 (Age as at 1st June 2008)

**Saturday 31st May 2008**

**Sunday 1st June 2008**

**Session 1 Warm Up 0730 Start 0900**

**Session 3 Warm Up 0730 Start 0900**

<b>Event</b>	1	Male	100	Free
	2	Female	400	IM
	3	Male	50	Breast
	4	Female	200	Back
	5	Male	100	Back
	6	Female	50	Fly
	7	Male	200	IM
	8	Female	200	Fly

<b>Event</b>	16	Female	100	Free
	17	Male	400	IM
	18	Female	50	Breast
	19	Male	200	Back
	20	Female	100	Back
	21	Male	50	Fly
	22	Female	200	IM
	23	Male	200	Fly

**Session 2 Warm Up TBC Start 1430**

**Session 4 Warm Up TBC Start 1430**

<b>Event</b>	9	Male	400	Free
	10	Female	200	Breast
	11	Male	50	Back
	12	Female	100	Fly
	13	Male	100	Breast
	14	Female	50	Free
	15	Male	200	Free

<b>Event</b>	24	Female	400	Free
	25	Male	200	Breast
	26	Female	50	Back
	27	Male	100	Fly
	28	Female	100	Breast
	29	Male	50	Free
	30	Female	200	Free

*Please note there will be a 15 minute interval taken during the middle of each session*

**Mrs Yvette Guest, Pine Lodge, Back Lane, Morton, Derbyshire, DE55 6GT**  
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