



Affiliated to the West Midlands Region
"Under Swim England Regulations and Technical Rules of Swimming"
Shropshire ASA Summer Development Meet

mbers – 4WM250854

Session 1		Session 3	
101	Mixed 400m Freestyle	301	Mixed 400m IM
102	Mixed 50m freestyle (9's only)	302	Mixed 50m Breaststroke (9's only)
103	Mixed 100m Backstroke	303	Mixed 100m Freestyle
Session 2		Session 4	
201	Mixed 200IM	401	Mixed 200 Freestyle
202	Mixed 50m Butterfly (9's only)	402	Mixed 50 Backstroke (9's only)
203	Mixed 100 Breaststroke	403	Mixed 100m IM
204	Mixed 100 Butterfly		
	15 min break		15 min break
205	11/under 4x50m mixed medley relay	404	11/under 4x50m freestyle relay
206	12/13 4 x 50m mixed medley relay	405	12/13 4 x 50m freestyle relay
207	14/16 4 x 50m mixed medley relay	406	14/16 4 x 50m freestyle relay
208	17/over 4 x 50m mixed medley relay	407	17/over 4 x 50m freestyle relay