



The City of Stoke on Trent S.C. (COSACSS)

Y2K Gala 2020

LICENSED OPEN MEET

(under A.S.A Law and A.S.A Technical Rules)



PROGRAMME OF EVENTS

50, 100 & 200 EVENTS 9 – 15/Over in single age groups

400 EVENTS 10 – 15/Over in single age groups

SESSION 1: (WARM UP 8:00am, START 9:00am) SATURDAY 4th APRIL 2020

Event No	Sex	Event	Length
101	Boys	Ind Medley	400m
102	Girls	Freestyle	200m
103	Boys	Backstroke	200m
104	Girls	Butterfly	50m
105	Boys	Freestyle	50m
106	Girls	Breaststroke	100m
107	Boys	Butterfly	100m
108	Girls	Backstroke	100m

SESSION 2: (WARM UP To be advised) SATURDAY 4th APRIL 2020

Event No	Sex	Event	Length
201	Girls	Freestyle	400m
202	Boys	Freestyle	200m
203	Girls	Breaststroke	200m
204	Boys	Backstroke	50m
205	Girls	Backstroke	50m
206	Boys	Breaststroke	100m
207	Girls	Butterfly	100m
208	Boys	Freestyle	100m

SESSION 3: (WARM UP 8:00am, START 9:00am) SUNDAY 5th APRIL 2020

Event No	Sex	Event	Length
301	Boys	Freestyle	400m
302	Girls	Ind Medley	200m
303	Boys	Breaststroke	200m
304	Girls	Breaststroke	50m
305	Boys	Butterfly	50m
306	Girls	Freestyle	100m
307	Boys	Ind Medley	100m
308	Girls	Butterfly	200m

SESSION 4: (WARM UP To be advised) SUNDAY 5th APRIL 2020

Event No	Sex	Event	Length
401	Girls	Ind Medley	400m
402	Boys	Ind Medley	200m
403	Girls	Backstroke	200m
404	Boys	Breaststroke	50m
405	Girls	Freestyle	50m
406	Boys	Backstroke	100m
407	Girls	Ind Medley	100m
408	Boys	Butterfly	200m