



DDASC Annual Sprints 2024 – Programme of Events

Week	Session	Event	Date	Day	Gender	Age	Event	Warm-up	Start	Finish
1	1		17/11/2024	Sun				13:00	13.45	16:45
		1			F	All	100IM			
		2			M/open	All	100IM			
		3			F	All	25FR			
		4			M/open	All	25FR			
		5			F	All	50BA			
		6			M/open	All	50BA			
		7			F	All	100FL			
		8			M/open	All	100FL			
INTERVAL		9								
		9			F	11/U	25BR			
		10			M/open	11/U	25BR			
		11			F	All	50FL			
		12			M/open	All	50FL			
		13			F	All	100BA			
		14			M/open	All	100BA			
2	2		24/11/2024	Sun				13:00	13.45	16:45
		15			F	All	100FR			
		16			M/open	All	100FR			
		17			F	11/U	25BA			
		18			M/open	11/U	25BA			
		19			F	All	50BR			
		20			M/open	All	50BR			
SKINS		21			F	13/O	50m			
SKINS		22			M/open	13/O	50m			
		23			F	All	50FR			
		24			M/open	All	50FR			
		25			F	11/U	25FL			
		26			M/open	11/U	25FL			
		27			F	All	100BR			
		28			M/open	All	100BR			