

Richmond Dales Back to School 16-17th September 2017

Programme of events ASA Licence 3NE170819



Session 1

Event 1 - Girls 200m IM

Event 2 - Boys 200m Backstroke
Event 3 - Girls 50m Freestyle
Event 4 - Boys 50m Breaststroke
Event 5 - Girls 100m Butterfly
Event 6 - Boys 100m Breaststroke
Event 7 - Girls 12/under - Skins

Event 8 - Girls 13/over – Skins

Session 2

Event 9 - Girls 200m Breaststroke
Event 10 - Boys 50m Backstroke
Event 11 - Girls 50m Butterfly
Event 12 - Boys 100m Freestyle
Event 13 - Girls 100m Backstroke
Event 14 - Boys 200m Butterfly
Event 15 - Girls 200m Freestyle

Session 3

Event 16 - Boys 200m IM

Event 17 - Girls 200m Backstroke
Event 18 - Boys 50m Freestyle
Event 19 - Girls 50m Breaststroke
Event 20 - Boys 100m Butterfly
Event 21 - Girls 100m Breaststroke
Event 22 - Mens 12/under - Skins
Event 23 - Mens 13/over - Skins

Session 4

Event 24 - Boys 200m Breaststroke
Event 25 - Girls 50m Backstroke
Event 26 - Boys 50m Butterfly
Event 27 - Girls 100m Freestyle
Event 28 - Boys 100m backstroke
Event 29 - Girls 200m Butterfly
Event 30 - Boys 200m Freestyle

Session start Morning warm up 8.00 am

events 9.00 am

Afternoon warm up 1.00pm

events 2.00pm