

North Lancashire Swimming & Water Polo Association

(Affiliated North West Region ASA)

9-14/Over years LEVEL 3 MEET 2010

(Licensed Meet No. 3NW0517 - Under ASA Laws & ASA Technical Rules of Swimming)

PROGRAMME OF EVENTS

BLACKPOOL PALATINE 25m POOL

Saturday 2 October 2010

Sunday 3 October 2010

Event No.	Session 1 Warm-up 8.30a.m. Start 9.30p.m.	Event No.	Session 3 Warm-up 8.30a.m. Start 9.30p.m.
101	Boys 12/13/14/ov 200m Ind.Medley	301	Girls 12/13/14/ov 200m Ind.Medley
102	Girls 12/13/14/ov 50m Freestyle	302	Boys 12/13/14/ov 50m Freestyle
103	Boys 12/13/14/ov 50m Butterfly	303	Girls 12/13/14/ov 50m Butterfly
104	Girls 9/10/11yr 50m Breaststroke	304	Boys 9/10/11yr 50m Breaststroke
105	Boys 9/10/11yr 50m Backstroke	305	Girls 9/10/11yr 50m Backstroke
106	Girls 11/12/13/14/ov 100m Freestyle	306	Boys 11/12/13/14/ov 100m Freestyle
107	Boys 11/12/13/14/ov 100m Butterfly	307	Girls 11/12/13/14/ov 100m Butterfly
108	Girls 9/10/11yr 200m Breaststroke	308	Boys 9/10/11yr 200m Breaststroke
109	Boys 9/10/11yr 200m Backstroke	309	Girls 9/10/11yr 200m Backstroke
110	Girls 12/13/14/ov 200m Freestyle	310	Boys 12/13/14/ov 200m Freestyle
111	Boys 12/13/14/ov 200m Butterfly	311	Girls 12/13/14/ov 200m Butterfly

[Event 112 Invitation Medley Skins Boys 12/13 & 14/ov](#)

[Event 312 Invitation Medley Skins Girls 12/13 & 14/ov](#)

Event No.	Session 2 Warm-up 1.30p.m. Start 2.30p.m.	Event No.	Session 4 Warm-up 1.30p.m. Start 2.30p.m.
201	Girls 9/10/11yr 100m Ind.Medley	401	Boys 9/10/11yr 100m Ind.Medley
202	Boys 12/13/14/ov 50m Breaststroke	402	Girls 12/13/14/ov 50m Breaststroke
203	Girls 12/13/14/ov 50m Backstroke	403	Boys 12/13/14/ov 50m Backstroke
204	Boys 9/10/11yr 50m Freestyle	404	Girls 9/10/11yr 50m Freestyle
205	Girls 9/10/11yr 50m Butterfly	405	Boys 9/10/11yr 50m Butterfly
206	Boys 11/12/13/14/ov 100m Breaststroke	406	Girls 11/12/13/14/ov 100m Breaststroke
207	Girls 11/12/13/14/ov 100m Backstroke	407	Boys 11/12/13/14/ov 100m Backstroke
208	Boys 9/10/11yr 200m Freestyle	408	Girls 9/10/11yr 200m Freestyle
209	Girls 9/10/11yr 200m Butterfly	409	Boys 9/10/11yr 200m Butterfly
210	Boys 12/13/14/ov 200m Breaststroke	410	Girls 12/13/14/ov 200m Breaststroke
211	Girls 12/13/14/ov 200m Backstroke	411	Boys 12/13/14/ov 200m Backstroke

*** See Meet information for Skins Events.

A PERSONAL RECORD OF EVENTS ENTERED SHOULD BE KEPT

ALL COMPLETED ENTRIES TO ALISON/JEN BY FRIDAY 3RD SEPT 2010