

North Lancashire Swimming & Water Polo Association

(Affiliated North West Region ASA)

9-14yr & Open Age Groups with Points Awards

Incorporating the Association Championships - Bob Marshall Trophy

(Licensed Level 3 Open Meet Nos: 3NW0044 & 3NW0045- Under ASA Laws & ASA Technical Rules of Swimming)

(Qualifying Events 10-14yrs Inter-Association Competition - 29/30 May 2010)

2010 PROGRAMME OF EVENTS - BLACKPOOL PALATINE POOL - 25 METRES

Saturday 23 January 2010				Sunday 24 January 2010				Saturday 6 February 2010				Sunday 7 February 2010			
Event No.	Session 1 Warm-up 8.15 a.m. Start 9.30 a.m.			Event No.	Session 3 Warm-up 8.15 a.m. Start 9.30 a.m.			Event No.	Session 5 Warm-up 8.15 a.m. Start 9.30 a.m.			Event No.	Session 7 Warm-up 8.15 a.m. Start 9.30 a.m.		
101	Ladies Open Age 100m Freestyle			301	Gents Open Age 100m Backstroke			501	Gents Open Age 100m Freestyle			701	Ladies Open Age 100m Backstroke		
102	Gents Open Age 100m Butterfly			302	Ladies Open Age 100m Breaststroke			502	Ladies Open Age 100m Butterfly			702	Gents Open Age 100m Breaststroke		
103	Girls 9 & 10yr 50m Freestyle			303	Boys 9/10 & 11yr 50m Backstroke			503	Boys 9/10 & 11yr 50m Freestyle			703	Girls 9 & 10yr 50m Backstroke		
104	Boys 9/10 & 11yr 50m Butterfly			304	Girls 9 & 10yr 50m Breaststroke			504	Girls 9 & 10yr 50m Butterfly			704	Boys 9/10 & 11yr 50m Breaststroke		
105	Girls 11/12/13 & 14yr 100m Backstroke			305	Boys 12/13& 14yr 100m Freestyle			505	Boys 12/13 & 14yr 100m Backstroke			705	Girls 11/12/13 & 14yr 100m Freestyle		
106	Boys 12/13 & 14yr 100m Breaststroke			306	Girls 11/12/13 & 14yr 100m Butterfly			506	Girls 11/12/13 & 14yr 100m Breaststroke			706	Boys 12/13 & 14yr 100m Butterfly		
107	Final of Event 101 Ladies 100m Freestyle			307	Final of Event 301 Gents 100m Backstroke			507	Final of Event 501 Gents 100m Freestyle			707	Final of Event 701 Ladies 100m Backstroke		
108	Final of Event 102 Gents 100m Butterfly			308	Final of Event 302 Ladies 100m Breaststroke			508	Final of Event 502 Ladies 100m Butterfly			708	Final of Event 702 Gents 100m Breaststroke		
109	Girls 9/10 & 11yr 200m Freestyle			309	Boys 9/10 & 11yr 200m Backstroke			509	Boys 9/10 & 11yr 200m Freestyle			709	Girls 9/10 & 11yr 200m Backstroke		
110	Boys 9/10 & 11yr 200m Butterfly			310	Girls 9/10 & 11yr 200m Breaststroke			510	Girls 9/10 & 11yr 200m Butterfly			710	Boys 9/10 & 11yr 200m Breaststroke		
111	Girls 12/13 & 14yr 200m Backstroke			311	Boys 12/13 & 14yr 200m Freestyle			511	Boys 12/13 & 14yr 200m Backstroke			711	Girls 12/13 & 14yr 200m Freestyle		
112	Boys 12/13 & 14yr 200m Breaststroke			312	Girls 12/13 & 14yr 200m Butterfly			512	Girls 12/13 & 14yr 200m Breaststroke			712	Boys 12/13 & 14yr 200m Butterfly		
113	Ladies Open Age 200m Ind. Medley			313	Gents Open Age 200m Freestyle			513	Gents Open Age 200m Ind. Medley			713	Ladies Open Age 200m Freestyle		
114	Gents Open Age 400m Ind. Medley			314	Ladies Open Age 200m Butterfly			514	Ladies Open Age 400m Ind. Medley			714	Gents Open Age 200m Butterfly		
Invite only	Girls 10yr 100m Freestyle		Inter-Assoc Time Only	Invite only	Boys 11yr 100m Backstroke		Inter-Assoc Time Only	Invite only	Boys 11yr 100m Freestyle		Inter-Assoc Time Only	Invite only	Girls 10yr 100m Backstroke		Inter-Assoc Time Only
	Boys 11yr 100m Butterfly				Girls 10yr 100m Breaststroke				Girls 10yr 100m Butterfly				Boys 11yr 100m Breaststroke		
Event No.	Session 2 Warm-up 1.30 p.m. Start 2.30 p.m.			Event No.	Session 4 Warm-up 1.30 p.m. Start 2.30 p.m.			Event No.	Session 6 Warm-up 1.30 p.m. Start 2.30 p.m.			Event No.	Session 8 Warm-up 1.30 p.m. Start 2.30 p.m.		
201	Ladies Open Age 200m Backstroke			401	Gents Open Age 800m Freestyle			601	Gents Open Age 200m Backstroke			801	Ladies Open Age 1500m Freestyle		
202	Gents Open Age 200m Breaststroke			402	Boys [10/12]13 & 14yr 800m Freestyle			602	Ladies Open Age 200m Breaststroke			802	Girls [10/12]13 & 14yr 1500m Freestyle		
203	Girls 9 & 10yr 100m Ind.Medley			403	Ladies Open Age 800m Freestyle			603	Boys 9 & 10yr 100m Ind.Medley			803	Gents Open Age 1500m Freestyle		
204	Boys 9/10 & 11yr 200m Ind.Medley			404	Girls [10/12]13 & 14yr 800m Freestyle			604	Girls 9/10 & 11yr 200m Ind.Medley			804	Boys [10/12]13 & 14yr 1500m Freestyle		
205	Girls 12/13 & 14yr 200m Ind.Medley			<p><i>For Inter-Association purposes some 10yr Girls & 11yr Boys in their Session Events will be invited to swim 100m for Time Only</i></p> <p>USE THIS PROGRAMME TO KEEP YOUR OWN PERSONAL RECORD OF EVENTS ENTERED</p> <p>Ages as at 7 February 2010</p>				605	Boys 12/13 & 14yr 200m Ind.Medley			<p>ASSOCIATION CHAMPIONSHIPS</p> <p>Bob Marshall Trophy to Top Club on a points basis (3,2,1) with Trophy awarded to winning swimmer competing in events having shaded boxes</p>			
206	Gents Open Age 50m Freestyle							606	Ladies Open Age 50m Freestyle						
207	Ladies Open Age 50m Breaststroke							607	Gents Open Age 50m Breaststroke						
208	Girls [9/10] & 11yr 400m Freestyle							608	Boys [9/10] & 11yr 400m Freestyle						
209	Gents Open Age 50m Backstroke							609	Ladies Open Age 50m Backstroke						
210	Ladies Open Age 50m Butterfly							610	Gents Open Age 50m Butterfly						
211	Girls 12/13 & 14yr 400m Freestyle							611	Boys 12/13 & 14yr 400m Freestyle						
212	Final Event 209 Jnr Gents 50m Freestyle							612	Final Event 609 Jnr Ladies 50m Freestyle						
213	Boys [10/12]13 & 14yr 400m Ind.Medley							613	Girls [10/12]13 & 14yr 400m Ind.Medley						
214	Ladies Open Age 400m Freestyle							614	Gents Open Age 400m Freestyle						
<p>9-14yr AGE EVENTS - [9/10] [10/12] ARE COMBINED AGES FOR EVENT AWARDS - SINGLE AGES FOR BAG- POINTS (14yr are GB-POINTS)</p> <p>OPEN/CHAMP EVENTS - YOUTH IS A COMBINED AGE 14/17 GIRLS & 15/18 BOYS FOR GB-POINTS AWARDS</p> <p>POINTS OBTAINED IN OPEN AGE EVENTS DO NOT SCORE WITH THOSE OBTAINED IN 9-14yr AGE EVENTS & VICE VERSA</p>												<p>CLOSING DATE FOR ALL ENTRIES</p> <p>WEDNESDAY 6 JANUARY 2010</p>			