



North Tyneside Mad March Hare Extravaganza 2016  
(under ASA Laws and technical rules)  
Age as at 20<sup>th</sup> March 2016

North Tyneside  
Swimming Club

Programme of Events

**Session1 – Saturday 19th March**  
**9.00am start**

Boys	400m *	Free
Girls	200m	Breaststroke
Boys	100m	Backstroke
Girls	50m	Butterfly
Boys	50m	Breaststroke
Girls	100m	IM
Boys	200m	IM
Girls	100m	Freestyle

\* 400m swims are age 11 and over only

**Session 2 – Saturday 19th March**  
**Time - TBC**

Boys	200m	Freestyle
Girls	200m	Butterfly
Boys	50m	Backstroke
Girls	100m	Breaststroke
Boys	100m	Butterfly
Girls	200m	Backstroke
Boys	50m	Freestyle

**Session 3 – Sunday 20th March**  
**9.00am start**

Girls	400m *	Free
Boys	200m	Breaststroke
Girls	100m	Backstroke
Boys	50m	Butterfly
Girls	50m	Breaststroke
Boys	100m	IM
Girls	200m	IM
Boys	100m	Freestyle

\* 400m swims are age 11 and over only

**Session 4 – Sunday 20th March**  
**Time – TBC**

Girls	200m	Freestyle
Boys	200m	Butterfly
Girls	50m	Backstroke
Boys	100m	Breaststroke
Girls	100m	Butterfly
Boys	200m	Backstroke
Girls	50m	Freestyle

Withdrawals to be notified 45 mins before start  
of session.