



SUMMER MADNESS MEET

2019

Richmond Dales Level 3 Long Course Meet: 13th July 2019



Programme of Events

Session 1

8.00am warm up, 9.00am start

101	4 x 50M Boys 12 year old and under Freestyle relay
102	4 x 50M Boys 13 year old and over Freestyle relay
103	4 x 50M Girls 12 year old and under Medley relay
104	4 x 50M Girls 13 year old and over Medley relay
105	200M IM Boys
106	200M Freestyle Girls
107	50M Freestyle Boys
108	50M Freestyle Girls
109	100M Butterfly Boys
110	100M Butterfly Girls
111	50M Backstroke Boys
112	50M Backstroke Girls
113	100M Breaststroke Boys
114	100M Breaststroke Girls

Session 2

Warm up and start TBA

201	4 x 50M Girls 12 year old and under Freestyle relay
202	4 x 50M Girls 13 year old and over Freestyle relay
203	4 x 50M Boys 12 year old and under Medley relay
204	4 x 50M Boys 13 year old and over Medley relay
205	200M IM Girls
206	200M Freestyle Boys
207	50M Butterfly Girls
208	50M Butterfly Boys
209	100M Freestyle Girls
210	100M Freestyle Boys
211	50M Breaststroke Girls
212	50M Breaststroke Boys
213	100M Backstroke Girls
214	100M Backstroke Boys
215	8 x 50M Mixed cannon (girl/ boy, 10 and under; 11-12; 13-14; 15+)