



TYNEMOUTH AMATEUR SWIMMING CLUB

Winter Level 3 Gala at Tynemouth Pool
22nd to 24th November 2019
Licence: To be confirmed

Session 1 22 nd Nov							
Warm-up: 17:30				Start: 18:30			
Event	Gender	Distance	Stroke				
101	Female	200m	Free				
102	Male	200m	IM				
103	Female	200m	IM				
104	Male	200m	Free				
Session 2 23 rd Nov				Session 4 24 th Nov			
Warm-up: 8:30		Start: 9:30		Warm-up: 8:30		Start: 9:30	
Event	Gender	Distance	Stroke	Event	Gender	Distance	Stroke
201	Female (10+)	400m	IM	401	Male (10+)	400m	IM
202	Male	100m	Fly	402	Female	100m	Back
203	Female	100m	Fly	403	Male	100m	Back
204	Male	50m	Back	404	Female	50m	Breast
205	Female	50m	Back	405	Male	50m	Breast
206	Male	200m	Breast	406	Female	200m	Back
207	Female	200m	Fly	407	Male	200m	Fly
Session 3 23 rd Nov				Session 5 24 th Nov			
Warm-up: TBC		Start: TBC		Warm-up: TBC		Start: TBC	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
301	Male (10+)	400m	Free	501	Female (10+)	400m	Free
302	Female	100m	Breast	502	Male	100m	Free
303	Male	100m	Breast	503	Female	100m	Free
304	Female	50m	Free	504	Male	50m	Fly
305	Male	50m	Free	505	Female	50m	Fly
306	Female	200m	Breast	506	Male	200m	Back
307	Male	100m	IM	507	Female	100m	IM