



TYNEMOUTH AMATEUR SWIMMING CLUB

**Spring Level 3 Gala at Tynemouth Pool
28th to 29th March 2020 Level 3 (TBC)**

Session 1 28 th Mar				Session 3 29 th Mar			
Warm-up: 8:30		Start: 9:30		Warm-up: 8:30		Start: 9:30	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
101	Female	200	IM	301	Male	200	IM
102	Male	100	Fly	302	Female	100	Free
103	Female	100	Fly	303	Male	100	Back
104	Male	50	Free	304	Female	50	Breast
105	Female	50	Back	305	Male	50	Breast
106	Male	200	Back	306	Female	200	Back
107	Female	200	Breast	307	Male	200	Fly
Session 2 28 th Mar				Session 4 29 th Mar			
Warm-up: TBC		Start: TBC		Warm-up: TBC		Start: TBC	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
201	Male	200	Free	401	Female	200	Free
202	Female	200	Fly	402	Male	200	Breast
203	Male	100	Breast	403	Female	100	Back
204	Female	100	Breast	404	Male	50	Fly
205	Male	50	Back	405	Female	50	Fly
206	Female	50	Free	406	Male	100	Free
207	Male	100	IM	407	Female	100	IM