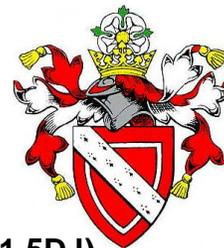




Summer Madness Meet

Saturday 13th July 2024

Richmond Dales ASC



(Level 3 Long Course Meet - John Charles Aquatic Centre, Leeds LS11 5DJ)

Programme of Events

Session 1	
0800hrs Warm Up - Start 0900hrs	
101	4 x 50M Boys/Open 12 years and under Freestyle Relay
102	4 x 50M Boys/Open 13 years and over Freestyle Relay
103	4 x 50M Girls 12 years and under Medley Relay
104	4 x 50M Girls 13 years and over Medley Relay
105	200M IM Boys/Open
106	200M Freestyle Girls
107	50M Freestyle Boys/Open
108	50M Freestyle Girls
109	100M Butterfly Boys/Open
110	100M Butterfly Girls
111	50M Backstroke Boys/Open
112	50M Backstroke Girls
113	100M Breaststroke Boys/Open
114	100M Breaststroke Girls

Session 2	
Warm Up and Start Time TBC	
201	4 x 50M Girls 12 years and under Freestyle Relay
202	4 x 50M Girls 13 years and over Freestyle Relay
203	4 x 50M Boys/Open 12 years and under Medley Relay
204	4 x 50M Boys/Open 13 years and over Medley Relay
205	200M IM Girls
206	200M Freestyle Boys/Open
207	50M Butterfly Girls
208	50M Butterfly Boys/Open
209	100M Freestyle Girls
210	100M Freestyle Boys/Open
211	50M Breaststroke Girls
212	50M Breaststroke Boys/Open
213	100M Backstroke Girls
214	100M Backstroke Boys/Open
215	8 x 50M Mixed Cannon (girl/boy/open 9-10yrs, 11-12yrs, 13-14yrs and 15 over)