

Manchester & District Swimming & Water Polo Association

Vice Presidents Gala
at Broughton Pool on Sunday 9th October 2016

Programme of Events to be swum in the Heat and the Final

						Not Faster than
1	MIXED	12	FREESTYLE RELAY	4 X 1L		1.08.00
2	MIXED	11	SQUAD RELAY	4 X 1L		1.22.00
3	MIXED	10	SQUAD RELAY	4 X 1L		1.26.00
4	MIXED	9	FREESTYLE RELAY	4 X 1L		1.22.00
5	MIXED	12	SQUAD RELAY	4 X 1L		1.16.00
6	MIXED	11	MEDLEY RELAY	4 X 1L		1.22.00
7	MIXED	10	FREESTYLE RELAY	4 X 1L		1.20.00
8	MIXED	9	SQUAD RELAY	4 X 1L		1.28.00
9	MIXED	12	MEDLEY RELAY	4 X 1L		1.12.00
10	MIXED	11	FREESTYLE RELAY	4 X 1L		1.16.00
11	MIXED	10	MEDLEY RELAY	4 X 1L		1.22.00
12	MIXED	9	MEDLEY RELAY	4 X 1L		1.27.00
13	MIXED		CANNON	8 X 1L		2.34.00

TEAMS FINISHING IN A TIME FASTER THAN THAT SHOWN WILL NOT SCORE ANY POINTS

ALL EVENTS ARE SWUM GIRL - BOY

SQUAD RELAYS ARE BREASTSTROKE-BREASTSTROKE-FRONT CRAWL-FRONT CRAWL

MEDLEY RELAYS ARE BACKSTROKE-BREASTSTROKE-BUTTERFLY (OR BREASTSTROKE) -FRONT CRAWL

MIXED CANNON - ONE GIRL - ONE BOY FROM EACH AGE GROUP
SWUM IN ORDER OF AGE - YOUNGEST FIRST

SWIMMERS MAY COMPETE IN A MAXIMUM OF FOUR EVENTS PLUS THE CANNON

SWIMMERS MAY COMPETE IN THEIR OWN AGE GROUP OR ABOVE BUT MUST
NOT EXCEED THE FOUR EVENT RULE

AGES OF SWIMMERS SHALL BE AS ON THE DAY OF COMPETITION