St.Helens Swimming Club

Affiliated to ASA North West, L&D

SUMMER GALA

(Under ASA law & Technical rules)

Length of pool: 33m

TEAMS

	EVENT		Lengths		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1	Girls	12/u	2	Freestyle						
2	Boys	12/u	2	Freestyle						
3	Girls	11/u	1	Back						
4	Boys	11/u	1	Back						
5	Girls	10/u	1	Fly						
6	Boys	10/u	1	Fly						
7	Girls	12/u	4 x 1	Medley Relay						
8	Boys	12/u	4 x 1	Medley Relay						
9	Girls	11/u	1	Fly						
10	Boys	11/u	1	Fly						
				Points so far						
11	Girls	10/u	1	Breast						
12	Boys	10/u	1	Breast						
13	Girls	12/u	2	Back						
14	Boys	12/u	2	Back						
15	Girls	11/u	1	Breast						
16	Boys	11/u	1	Breast						
17	Girls	10/u	4 x 1	Freestyle Relay						
18	Boys	10/u	4 x 1	Freestyle Relay						
19	Girls	11/u	4 x 1	Medley Relay						
20	Boys	11/u	4 x 1	Medley Relay						
				Points so far						
21	Girls	10/u	1	Freestyle						
22	Boys	10/u	1	Freestyle						
23	Girls	12/u	1	Fly						
24	Boys	12/u	1	Fly						
25	Girls	11/u	4 x 1	Freestyle Relay						
26	Boys	11/u	4 x 1	Freestyle Relay						
27	Girls	10/u	4 x 1	Medley Relay						
28	Boys	10/u	4 x 1	Medley Relay						
29	Girls	11/u	1	Freestyle						
30	Boys	11/u	1	Freestyle						
				Points so far						
31	Girls	12/u	2	Breast						
32	Boys	12/u	2	Breast						
33	Girls	10/u	1	Back						
34	Boys	10/u	1	Back						
35	Girls	12/u	4 x 1	Freestyle Relay						
36	Boys	12/u	4 x 2	Freestyle Relay						
37	Mixed Age		6 x 1	Freestyle Relay						
(1 girl & 1 boy from each age group)				**TOTAL POINTS**						