

North Lancashire Swimming Association Age Groups and Championships

Programme of Events

Session 1			Warm up TBC	Session 2			Warm up TBC
101	Male	400 Freestyle HDW	Age 9 – 15/Ov	201	Female	50 Breaststroke HEATS	Age 9 – 15/Ov
102	Female	50 Backstroke HEATS	Age 9 – 15/Ov	202	Male	50 Freestyle HEATS	Age 9 – 15/Ov
103	Male	100 I.M. HEATS	Age 9 – 15/Ov	203	Female	100 Freestyle HEATS	Age 9 – 15/Ov
104	Female	100 Butterfly HEATS	Age 9 – 15/Ov	204	Male	200 Butterfly HDW	Age 9 – 15/Ov
105	Male	200 Backstroke HDW	Age 9 – 15/Ov	205	Female	200 I.M. HDW	Age 9 – 15/Ov
106	Female	50 Backstroke FINAL	OPEN	206	Male	100 Backstroke HEATS	Age 9 – 15/Ov
107	Male	100 I.M FINAL	OPEN	207	Female	50 Breaststroke FINAL	OPEN
108	Female	100 Butterfly FINAL	OPEN	208	Male	50 Freestyle FINAL	OPEN
-	-	-	-	209	Female	100 Freestyle FINAL	OPEN
-	-	-	-	210	Male	100 Backstroke FINAL	OPEN

Session 3			Warm Up TBC	Session 4			Warm Up TBC
301	Female	400 Freestyle HDW	Age 9 – 15/Ov	401	Male	50 Breaststroke HEATS	Age 9 – 15/Ov
302	Male	50 Backstroke HEATS	Age 9 – 15/Ov	402	Female	50 Freestyle HEATS	Age 9 – 15/Ov
303	Female	100 I.M. HEATS	Age 9 – 15/Ov	403	Male	100 Freestyle HEATS	Age 9 – 15/Ov
304	Male	100 Butterfly HEATS	Age 9 – 15/Ov	404	Female	200 Butterfly HDW	Age 9 – 15/Ov
305	Female	200 Backstroke HDW	Age 9 – 15/Ov	405	Male	200 I.M. HDW	Age 9 – 15/Ov
306	Male	50 Backstroke FINAL	OPEN	406	Female	100 Backstroke HEATS	Age 9 – 15/Ov
307	Female	50 100 I.M FINAL	OPEN	407	Male	50 Breaststroke FINAL	OPEN
308	Male	100 Butterfly	OPEN	408	Female	50 Freestyle FINAL	OPEN
				409	Male	100 Freestyle FINAL	OPEN
				410	Female	100 Backstroke FINAL	OPEN

Weekend 2

Session 5			Warm Up TBC	Session 6			Warm Up TBC
501	Female	800 Freestyle HDW	Age 11 – 15/Ov	601	Female	50 Butterfly HEATS	Age 9 – 15/Ov
502	Male	1500 Freestyle HDW	Age 11 – 15/Ov	602	Male	100 Breaststroke HEATS	Age 9 – 15/Ov

503	Female	200m Breaststroke HDW	Age 9 – 15/Ov	603	Female	400 I.M. HDW	Age 11 – 15/Ov
504	Male	200m Breaststroke HDW	Age 9 – 15/Ov	604	Male	200 Freestyle HDW	Age 9 – 15/Ov
				605	Female	50 Butterfly FINAL	OPEN
				606	Male	100 Breaststroke FINAL	OPEN

Session 7		Warm Up TBC		Session 8		Warm Up TBC	
701	Male	50 Butterfly HEATS	Age 9 – 15/Ov	801	Male	800 Freestyle HDW	Age 11 – 15/Ov
702	Female	100 Breaststroke HEATS	Age 9 – 15/Ov	802	Female	1500 Freestyle HDW	Age 11 – 15/Ov
703	Male	400 I.M. HDW	Age 11 – 15/Ov	Events shaded are Championship Events			
704	Female	200 Freestyle HDW	Age 9 – 15/Ov	Squadron Championships (not included in license) Warm up & Start TBC			
705	Male	50 Butterfly FINAL	OPEN				
706	Female	100 Breaststroke FINAL	OPEN				