



TYNEMOUTH AMATEUR SWIMMING CLUB

Spring Level 3 Gala at Tynemouth Pool
11th to 12th March 2017 Level 3 (3NE170400)

Session 1 11 th Mar				Session 3 12 th Mar			
Warm-up: 8:30		Start: 9:30		Warm-up: 9:00		Start: 10:00	
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	Back
103	Female	100	Fly	303	Male	100	Back
104	Male	50	Back	304	Female	50	Breast
105	Female	50	Back	305	Male	50	Breast
106	Male	200	Back	306	Female	200	Back
107	Female	200	Fly	307	Male	200	Fly
Session 2 11 th Mar				Session 4 12 th Mar			
Warm-up: 12:30		Start: 13:30		Warm-up: 12:30		Start: 13:30	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
201	Male	200	Free	401	Female	200	Free
202	Female	100	Breast	402	Male	100	Free
203	Male	100	Breast	403	Female	100	Free
204	Female	50	Free	404	Male	50	Fly
205	Male	50	Free	405	Female	50	Fly
206	Female	200	Breast	406	Male	200	Breast
Team Events				Team Events			
207	Male 9-11	4 x 50	Free	407	Female 9-11	4 x 50	Free
208	Male 12+	4 x 50	Free	408	Female 12+	4 x 50	Free
209	Female 9-11	4 x 50	Medley	409	Male 9-11	4 x 50	Medley
210	Female 12+	4 x 50	Medley	410	Male 12+	4 x 50	Medley