



Summer Madness Meet

Saturday 8th July 2023

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 12 years and under Freestyle Relay
102	4 x 50M Boys 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
106	200M Freestyle Girls
107	50M Freestyle Boys
108	50M Freestyle Girls
109	100M Butterfly Boys
110	100M Butterfly Girls
111	50M Backstroke Boys
112	50M Backstroke Girls
113	100M Breaststroke Boys
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 12 years and under Medley Relay
204	4 x 50M Boys 13 years and over Medley Relay
205	200M IM Girls
206	200M Freestyle Boys
207	50M Butterfly Girls
208	50M Butterfly Boys
209	100M Freestyle Girls
210	100M Freestyle Boys
211	50M Breaststroke Girls
212	50M Breaststroke Boys
213	100M Backstroke Girls
214	100M Backstroke Boys
215	8 x 50M Mixed Cannon (girl/boy 9-10yrs, 11-12yrs, 13-14yrs and 15 over)