

North Lancashire Swimming & Water Polo Association

(Affiliated North West Region ASA)

9-14yr & Open Age Groups with Points Awards

Incorporating the Association Championships - Bob Marshall Trophy

(Licensed Level 2 Open Meet Nos: 2NW9050 & 2NW9051- Under ASA Laws & ASA Technical Rules of Swimming)

(Qualifying Events 10-14yrs Inter-Association Competition - 23/24 May 2009)

2009 PROGRAMME OF EVENTS - BLACKPOOL PALATINE POOL - 25 METRES

Saturday 24 January 2009			Sunday 25 January 2009			Saturday 31 January 2009			Sunday 1 February 2009		
Event No.	Session 1 Warm-up 8.30 a.m. Start 9.30 a.m.		Event No.	Session 3 Warm-up 8.30 a.m. Start 9.30 a.m.		Event No.	Session 5 Warm-up 8.30 a.m. Start 9.30 a.m.		Event No.	Session 7 Warm-up 8.30 a.m. Start 9.30 a.m.	
101	Ladies Open Age 100m Freestyle		301	Gents Open Age 100m Backstroke		501	Gents Open Age 100m Freestyle		701	Ladies Open Age 100m Backstroke	
102	Gents Open Age 100m Butterfly		302	Ladies Open Age 100m Breaststroke		502	Ladies Open Age 100m Butterfly		702	Gents Open Age 100m Breaststroke	
103	Girls 9 & 10yr 50m Freestyle		303	Boys 9/10 & 11yr 50m Backstroke		503	Boys 9/10 & 11yr 50m Freestyle		703	Girls 9 & 10yr 50m Backstroke	
104	Boys 9/10 & 11yr 50m Butterfly		304	Girls 9 & 10yr 50m Breaststroke		504	Girls 9 & 10yr 50m Butterfly		704	Boys 9/10 & 11yr 50m Breaststroke	
105	Girls 11/12/13 & 14yr 100m Backstroke		305	Boys 12/13 & 14yr 100m Freestyle		505	Boys 12/13 & 14yr 100m Backstroke		705	Girls 11/12/13 & 14yr 100m Freestyle	
106	Boys 12/13 & 14yr 100m Breaststroke		306	Girls 11/12/13 & 14yr 100m Butterfly		506	Girls 11/12/13 & 14yr 100m Breaststroke		706	Boys 12/13 & 14yr 100m Butterfly	
107	Final of Event 101 Ladies 100m Freestyle		307	Final of Event 301 Gents 100m Backstroke		507	Final of Event 501 Gents 100m Freestyle		707	Final of Event 701 Ladies 100m Backstroke	
108	Final of Event 102 Gents 100m Butterfly		308	Final of Event 302 Ladies 100m Breaststroke		508	Final of Event 502 Ladies 100m Butterfly		708	Final of Event 702 Gents 100m Breaststroke	
109	Girls 9/10 & 11yr 200m Freestyle		309	Boys 9/10 & 11yr 200m Backstroke		509	Boys 9/10 & 11yr 200m Freestyle		709	Girls 9/10 & 11yr 200m Backstroke	
110	Boys 9/10 & 11yr 200m Butterfly		310	Girls 9/10 & 11yr 200m Breaststroke		510	Girls 9/10 & 11yr 200m Butterfly		710	Boys 9/10 & 11yr 200m Breaststroke	
111	Girls 12/13 & 14yr 200m Backstroke		311	Boys 12/13 & 14yr 200m Freestyle		511	Boys 12/13 & 14yr 200m Backstroke		711	Girls 12/13 & 14yr 200m Freestyle	
112	Boys 12/13 & 14yr 200m Breaststroke		312	Girls 12/13 & 14yr 200m Butterfly		512	Girls 12/13 & 14yr 200m Breaststroke		712	Boys 12/13 & 14yr 200m Butterfly	
113	Ladies Open Age 200m Backstroke		313	Gents Open Age 200m Freestyle		513	Gents Open Age 200m Backstroke		713	Ladies Open Age 200m Freestyle	
114	Gents Open Age 200m Breaststroke		314	Ladies Open Age 200m Butterfly		514	Ladies Open Age 200m Breaststroke		714	Gents Open Age 200m Butterfly	
Invite only	Girls 10yr 100m Freestyle	Inter-Assoc Time Only	Invite only	Boys 11yr 100m Backstroke	Inter-Assoc Time Only	Invite only	Boys 11yr 100m Freestyle	Inter-Assoc Time Only	Invite only	Girls 10yr 100m Backstroke	Inter-Assoc Time Only
	Boys 11yr 100m Butterfly			Girls 10yr 100m Breaststroke			Girls 10yr 100m Butterfly			Boys 11yr 100m Breaststroke	
Event No.	Session 2 Warm-up 1.30 p.m. Start 2.30 p.m.		Event No.	Session 4 Warm-up 1.30 p.m. Start 2.30 p.m.		Event No.	Session 6 Warm-up 1.30 p.m. Start 2.30 p.m.		Event No.	Session 8 Warm-up 1.30 p.m. Start 2.30 p.m.	
201	Ladies Open Age 200m Ind. Medley		401	Gents Open Age 800m Freestyle		601	Gents Open Age 200m Ind. Medley		801	Ladies Open Age 1500m Freestyle	
202	Gents Open Age 400m Ind. Medley		402	Boys [10/12]13 & 14yr 800m Freestyle		602	Ladies Open Age 400m Ind. Medley		802	Girls [10/12]13 & 14yr 1500m Freestyle	
203	Girls 9 & 10yr 100m Ind. Medley		403	Ladies Open Age 800m Freestyle		603	Boys 9 & 10yr 100m Ind. Medley		803	Gents Open Age 1500m Freestyle	
204	Boys 9/10 & 11yr 200m Ind. Medley		404	Girls [10/12]13 & 14yr 800m Freestyle		604	Girls 9/10 & 11yr 200m Ind. Medley		804	Boys [10/12]13 & 14yr 1500m Freestyle	
205	Girls 12/13 & 14yr 200m Ind. Medley		<p><i>For Inter-Association purposes some 10yr Girls & 11yr Boys in their Session Events will be invited to swim 100m for Time Only</i></p> <p>NO CARDS WILL BE ISSUED FOR THIS MEET - USE THIS PROGRAMME TO KEEP YOUR OWN PERSONAL RECORD OF EVENTS ENTERED</p> <p>Ages as at 1 February 2009</p>			605	Boys 12/13 & 14yr 200m Ind. Medley		<p>ASSOCIATION CHAMPIONSHIPS</p> <p>Bob Marshall Trophy to Top Club on a points basis (3,2,1) with Trophy awarded to winning swimmer competing in events having shaded boxes</p>		
206	Gents Open Age 50m Backstroke					606	Ladies Open Age 50m Backstroke				
207	Ladies Open Age 50m Breaststroke					607	Gents Open Age 50m Breaststroke				
208	Girls [9/10] & 11yr 400m Freestyle					608	Boys [9/10] & 11yr 400m Freestyle				
209	Gents Open Age 50m Freestyle					609	Ladies Open Age 50m Freestyle				
210	Ladies Open Age 50m Butterfly					610	Gents Open Age 50m Butterfly				
211	Girls 12/13 & 14yr 400m Freestyle					611	Boys 12/13 & 14yr 400m Freestyle				
212	Final Event 209 Jnr Gents 50m Freestyle					612	Final Event 609 Jnr Ladies 50m Freestyle				
213	Boys [10/12]13 & 14yr 400m Ind. Medley					613	Girls [10/12]13 & 14yr 400m Ind. Medley				
214	Ladies Open Age 400m Freestyle					614	Gents Open Age 400m Freestyle				
<p>9-14yr AGE EVENTS - [9/10] [10/12] ARE COMBINED AGES FOR EVENT AWARDS - SINGLE AGES FOR BAG- POINTS (14yr are GB-POINTS)</p> <p>OPEN/CHAMP EVENTS - YOUTH IS A COMBINED AGE 14/17 GIRLS & 15/18 BOYS FOR GB-POINTS AWARDS</p> <p>POINTS OBTAINED IN OPEN AGE EVENTS DO NOT SCORE WITH THOSE OBTAINED IN 9-14yr AGE EVENTS & VICA VERSA</p>											
									<p>CLOSING DATE FOR ALL ENTRIES</p> <p>MONDAY 22 DECEMBER 2008</p>		