



# **SUMMER MADNESS MEET**

**2016**



**Richmond Dales Level 3 Long Course: Meet Conditions – 9<sup>th</sup> July 2016**  
(Held under ASA Laws & ASA Technical Rules) - Licence Number TBA

## Session 1

8.00am warm up, 9.00am start

101	4 x 50M Girls 12 year old and under IM relay
102	4 x 50M Girls 13year old and over IM relay
103	200IM Boys
104	200M Freestyle Girls
105	50M Freestyle Boys
106	50M Freestyle Girls
107	100M Butterfly Boys
108	100M Butterfly Girls
109	50M Backstroke Boys
110	50M Backstroke Girls
111	100M Breaststroke Boys
112	100M Breaststroke Girls

## Session 2

Warm up and start TBA

201	4 x 50M Boys 12 year old and under IM relay
202	4 x 50M Boys 13year old and over IM relay
203	200IM Girls
204	200M Freestyle Boys
205	50M Butterfly Girls
206	50M Butterfly Boys
207	100M Freestyle Girls
208	100M Freestyle Boys
209	50M Breaststroke Girls
210	50M Breaststroke Boys
211	100M Backstroke Girls
212	100M Backstroke Boys
213	8 x 50M Mixed cannon (girl/ boy, 10 and under; 11-12; 13-14; 15+)