



# North Tyneside Mad March Hare Extravaganza

(under ASA Laws and technical rules)

North Tyneside  
Swimming Club

## Programme of Events

### Session1 – Saturday 23<sup>rd</sup> March 8.00am warm-up 9.00am start

Boys	400m *	Freestyle
Girls	200m	IM
Boys	100m	Backstroke
Girls	50m	Butterfly
Boys	50m	Breaststroke
Girls	50m	Freestyle
Boys	200m	Butterfly
Girls	100m	Freestyle

\* 400m swims are age 11 and over only

### Session 2 – Saturday 23<sup>rd</sup> March Time - TBC

Boys	200m	Freestyle
Girls	200m	Breaststroke
Boys	50m	Backstroke
Girls	100m	IM
Boys	200m	Backstroke
Girls	100m	Butterfly
Boys	100m	Breaststroke

### Session 3 – Sunday 24<sup>th</sup> March 8.00am warm-up 9.00am start

Girls	400m *	Freestyle
Boys	200m	IM
Girls	100m	Backstroke
Boys	50m	Butterfly
Girls	50m	Breaststroke
Boys	50m	Freestyle
Girls	200m	Butterfly
Boys	100m	Freestyle

\* 400m swims are age 11 and over only

### Session 4 – Sunday 24<sup>th</sup> March Time – TBC

Girls	200m	Freestyle
Boys	200m	Breaststroke
Girls	50m	Backstroke
Boys	100m	IM
Girls	200m	Backstroke
Boys	100m	Butterfly
Girls	100m	Breaststroke