

Date : 22nd/23rd January 2011
Venue : Louisa Centre, Stanley

New Year graded meet 2011

PROGRAMME OF EVENTS

Session 1 : Saturday 22 January 2011
Warm up 8:00am Start 9:00am

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|---|------------------|-------------------|
| 1 | Girls 10 years + | 400m Front crawl |
| 2 | Boys 10 years + | 100m Butterfly |
| 3 | Girls 10 years + | 100m Breaststroke |
| 4 | Boys 9 years + | 50m Breaststroke |
| 5 | Girls 9 years + | 50m Backstroke |
| 6 | Boys 9 years + | 200m Backstroke |
| 7 | Girls 9 years + | 200m IM |
| 8 | Boys 9 years + | 100m IM |

Session 2
Warm up TBA

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|----|------------------|-------------------|
| 9 | Boys 10 years + | 400m IM |
| 10 | Girls 9 years + | 200m Breaststroke |
| 11 | Boys 9 years + | 50m Butterfly |
| 12 | Girls 9 years + | 50m Front crawl |
| 13 | Boys 10 years + | 100m Front crawl |
| 14 | Girls 10 years + | 100m Backstroke |
| 15 | Boys 9 years + | 200m Butterfly |
| 16 | Girls 9 years + | 200m Front crawl |

Session 3 : Sunday 23 January 2011
Warm up 8:00am Start 9:00am

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|----|------------------|-------------------|
| 17 | Boys 10 years + | 400m Front crawl |
| 18 | Girls 10 years + | 100m Butterfly |
| 19 | Boys 10 years + | 100m Breaststroke |
| 20 | Girls 9 years + | 50m Breaststroke |
| 21 | Boys 9 years + | 50m Backstroke |
| 22 | Girls 9 years + | 200m Backstroke |
| 23 | Boys 9 years + | 200m IM |
| 24 | Girls 9 years + | 100m IM |

Session 4
Warm up TBA

- | | | |
|----|------------------|-------------------|
| 25 | Girls 10 years + | 400m IM |
| 26 | Boys 9 years + | 200m Breaststroke |
| 27 | Girls 9 years + | 50m Butterfly |
| 28 | Boys 9 years + | 50m Front crawl |
| 29 | Girls 10 years + | 100m Front crawl |
| 30 | Boys 10 years + | 100m Backstroke |
| 31 | Girls 9 years + | 200m Butterfly |
| 32 | Boys 9 years + | 200m Front crawl |

Entry Fee : £4.00 disc entries, £4.50 paper entries

All Events HDW basis

Ages : Girls 9, 10, 11, 12, 13, 14/Over

Boys 9, 10, 11, 12, 13, 14/Over

Age on 24th January 2010

Closing date for entries : 18th December 2010

Entry discs available from : Philip Powell – philip@blencathra.org.uk