



Richmond Dales ASC
Iain Young 'Back to Pool' Gala
17th & 18th September 2022



(The Neptune Centre, Ormesby Road, Middlesbrough TS3 7RP)
 Level 3 Short Course Gala, License Number:

PROGRAMME OF EVENTS	
SATURDAY 17th September (Session 1)	
Warm Up @ 8:00-8:55am / Start @ 9:00am	
Event 101	Girls 9yrs/Over 200m Individual Medley
Event 102	Boys 11yrs/Over 400m Freestyle
Event 103	Girls 9yrs/Over 50m Butterfly
Event 104	Boys 9yrs/Over 50m Backstroke
Event 105	Girls 9yrs/Over 200m Breaststroke
Event 106	Boys 9yrs/Over 200m Butterfly
Event 107	Girls 9yrs/Over 100m Backstroke
Event 108	Boys 9yrs/Over 100m Freestyle
Event 109	Girls 12yrs/Under - Skins
Event 110	Girls 13yrs/Over - Skins
SATURDAY 17th September (Session 2)	
Warm Up @ TBC	
Event 201	Girls 11yrs/Over 400m Individual Medley
Event 202	Boys 9yrs/Over 50m Freestyle
Event 203	Girls 9yrs/Over 50m Breaststroke
Event 204	Boys 9yrs/Over 200m Freestyle
Event 205	Girls 9yrs/Over 200m Backstroke
Event 206	Boys 9yrs/Over 100m Butterfly
Event 207	Girls 9yrs/Over 100m Breaststroke
Event 208	Boys 9yrs/Over 100m Individual Medley
SUNDAY 18th September (Session 3)	
Warm Up @ 8:00-8:55am / Start @ 9:00am	
Event 301	Boys 9yrs/Over 200m Individual Medley
Event 302	Girls 11yrs/Over 400m Freestyle
Event 303	Boys 9yrs/Over 50m Butterfly
Event 304	Girls 9yrs/Over 50m Backstroke
Event 305	Boys 9yrs/Over 200m Breaststroke
Event 306	Girls 9yrs/Over 200m Butterfly
Event 307	Boys 9yrs/Over 100m Backstroke
Event 308	Girls 9yrs/Over 100m Freestyle
Event 309	Boys 12yrs/Under - Skins
Event 310	Boys 13yrs/Over - Skins
SUNDAY 18th September (Session 4)	
Warm Up @ TBC	
Event 401	Boys 11yrs/Over 400m Individual Medley
Event 402	Girls 9yrs/Over 50m Freestyle
Event 403	Boys 9yrs/Over 50m Breaststroke
Event 404	Girls 9yrs/Over 200m Freestyle
Event 405	Boys 9yrs/Over 200m Backstroke
Event 406	Girls 9yrs/Over 100m Butterfly
Event 407	Boys 9yrs/Over 100m Breaststroke
Event 408	Girls 9yrs/Over 100m Individual Medley