



Wellingborough Amateur Swimming Club

JUNIOR 200m GALA

POOL LENGTH 25 metres **ELECTRONIC TIMING**

AGE GROUPS 8/9, 10/11, 12/13. Age at date of gala

POINTS 6 points for 1st place down to 1 point for 6th place

Swimmers may compete in a maximum of 2 individual events in their own age group OR 1 in own age group and 1 in an older group. **Relay** swimmers may only swim in own age group and must swim in at least one individual event.

Age group relays .2 Boys, 2 Girls in any order. **Final relay**, shall be swum from youngest to oldest 1 Girl, 1 Boy from each age group (girls at start end, boys at shallow end).

All **starts** from the deep end.

The shallow end is 0.9 metres deep. Team managers must ensure their swimmers are of the required standard to dive from the shallow end. If not, the start must be in the water.

				TEAMS					
	STROKE	Age		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1	4 x 25m Free Relay	12/13	Mixed						
2	200m Back	8/9	Boys						
3	200m Breast	10/11	Girls						
4	200m Fly	12/13	Boys						
5	200m Free	8/9	Girls						
6	200m Back	10/11	Boys						
7	200m Breast	12/13	Girls						
8	200m IM	8/9	Boys						
9	200m Free	10/11	Girls						
10	4 x 25 Medley Relay	8/9	Mixed						
POINTS									
11	200m Back	12/13	Boys						
12	200m Breast	8/9	Girls						
13	200m Fly	10/11	Boys						
14	200m Free	12/13	Girls						
15	200m Breast	8/9	Boys						
16	200m Fly	10/11	Girls						
17	200m Free	12/13	Boys						
18	200m Back	8/9	Girls						
19	4 x 25 Free Relay	10 /11	Mixed						
20	200m Breast	10/11	Boys						
POINTS									



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21	200m Fly	12/13	Girls						
22	200m Free	8/9	Boys						
23	200m Back	10/11	Girls						
24	200m Breast	12/13	Boys						
25	200m IM	8/9	Girls						
26	200m Free	10/11	Boys						
27	200m Back	12/13	Girls						
28	6 x 25 Free Relay	Mixed	Mixed						
FINAL POINTS									

THANK YOU FOR YOUR SUPPORT – WE HOPE YOU ENJOY OUR GALA