

PONTYPOOL SWIMMING CLUB

OPEN AGE GROUP GALA – UNDER W.A.S.A RULES

2006

SESSION 1 – 04/11/06

Warm up 8.30 a.m. 9.00 a.m. Start

- 1 Girls 9&U 50m Back
- 2 Boys 9&U 50m Back
- 3 Girls 10yrs 50m Back
- 4 Boys 9&U 100 I.M **HDW**
- 5 Girls Open 200m freestyle **HDW**
- 6 Boys Open 200m freestyle **HDW**

FINALS OF EVENTS 1 - 3

SESSION 3 – 04/11/06

Warm up 2.00 p.m. 2.30 p.m. Start

- 14 Girls 9&U 50m Breaststroke
- 15 Boys 9&U 50m Breaststroke
- 16 Girls 10yrs 50m Breaststroke
- 17 Boys Open 200m Butterfly **HDW**
- 18 Girls Open 200m Butterfly **HDW**
- 19 Girls 10&U 100m I.M **HDW**

FINALS OF EVENTS 14 - 16

SESSION 2-04/11/06

Warm up 10.30 a.m. Start 11.00 a.m. Start

- 7 Girls 11/12yrs 100m Back
- 8 Boys 10/11yrs 100m Back
- 9 Girls 13/14yrs 100m Back
- 10 Boys 12/13yrs 100m Back
- 11 Girls 15&Over 100m Back
- 12 Boys 14/15yrs 100m Back
- 13 Boys 16& Over 100m Back

FINALS OF EVENTS 7 - 13

SESSION 4 – 04/11/06

Warm up 4.00 p.m. 4.30 p.m. Start

- 20 Girls 11/12yrs 100m Breaststroke
- 21 Boys 10/11yrs 100m Breaststroke
- 22 Girls 13/14yrs 100m Breaststroke
- 23 Boys 12/13yrs 100m Breaststroke
- 24 Girls 15&Over 100m Breaststroke
- 25 Boys 14/15yrs 100m Breaststroke

FINALS OF EVENTS 20 - 26

26 Boys 16&Over 100m Breaststroke