

## North Lancashire Swimming Association Age Groups and Championships 2018 Programme of Events

### License Numbers 2NW181457 & 2NW181458

Session 1		29 September 2018	Warm up TBC	Session 2		29 September 2018	Warm up TBC
101	Female	4 x 50m Medley Relay HDW	Age 13/14	201	Male	4 x 50m Medley Relay HDW	Age 12/Under
102	Male	800m Freestyle HDW	Age 11/Ov – 16/Ov	202	Female	4 x 50m Medley Relay HDW	Age 12/Under
103	Female	50m Backstroke HEATS	Age 9 – 16/Ov	203	Male	100m Breaststroke HEATS	Age 9 – 16/Ov
104	Male	100m Freestyle HEATS	Age 9 – 16/Ov	204	Female	400m I.M. HDW	Age 11 – 16/Ov
105	Female	200m Butterfly HDW	Age 9 – 16/Ov	205	Male	200m Backstroke HDW	Age 9 – 16/Ov
106	Male	4 x 50m Medley Relay HDW	Age 13/14	206	Female	200m Freestyle HDW	Age 9 – 16/Ov
107	Female	50m Backstroke FINAL	Junior 15/Under	207	Male	100m Breaststroke FINAL	Junior 15/Under
108	Female	50m Backstroke FINAL	Senior 16/Over	208	Male	100m Breaststroke FINAL	Senior 16/Over
109	Male	100m Freestyle FINAL	Junior 15/Under	209	Female	6 x 50m Freestyle Relay HDW	Age 12 – Open
110	Male	100m Freestyle FINAL	Senior 16/Over				
Session 3		30 September 2018	Warm Up TBC	Session 4		30 September 2018	Warm Up TBC
301	Male	4 x 50m Freestyle Relay HDW	Age OPEN	401	Male	100m I.M. HEATS	Age 9 – 16/Ov
302	Female	200m I.M. HDW	Age 9 – 16/Ov	402	Female	100m Backstroke HEATS	Age 9 – 16/Ov
303	Male	100m Butterfly HEATS	Age 9 – 16/Ov	403	Male	50m Butterfly HEATS	Age 9 – 16/Ov
304	Female	50m Freestyle HEATS	Age 9 – 16/Ov	404	Female	200m Breaststroke HDW	Age 9 – 16/Ov
305	Male	50m Breaststroke HEATS	Age 9 – 16/Ov	405	Male	400m Freestyle HDW	Age 9 – 16/Ov
306	Female	1500m Freestyle HDW	Age 11/Ov – 16/Ov	406	Female	4 x 50m Freestyle Relay HDW	Age OPEN
307	Male	100m Butterfly FINAL	Junior 15/Under	407	Male	100m I.M. FINAL	Junior 15/Under
308	Male	100m Butterfly FINAL	Senior 16/Over	408	Male	100m I.M. FINAL	Senior 16/Over
309	Female	50m Freestyle FINAL	Junior 15/Under	409	Female	100m Backstroke FINAL	Junior 15/Under
310	Female	50m Freestyle FINAL	Senior 16/Over	410	Female	100m Backstroke FINAL	Senior 16/Over
311	Male	50m Breaststroke FINAL	Junior 15/Under	411	Male	50m Butterfly FINAL	Junior 15/Under
312	Male	50m Breaststroke FINAL	Senior 16/Over	412	Male	50m Butterfly FINAL	Senior 16/Over

## Weekend 2

<b>Session 5</b>		<b>20 October 2018</b>	<b>Warm up TBC</b>	<b>Session 6</b>		<b>20 October 2018</b>	<b>Warm up TBC</b>
501	Male	4 x 50m Free Relay HDW	Age 12/Under	601	Female	4 x 50m Free Relay HDW	Age 13/14
502	Female	800m Freestyle HDW	Age 11/Ov – 16/Ov	602	Male	4 x 50m Free Relay HDW	Age 13/14
503	Male	50m Backstroke HEATS	Age 9 – 16/Ov	603	Female	100m Breaststroke HEATS	Age 9 – 16/Ov
504	Female	100m Freestyle HEATS	Age 9 – 16/Ov	604	Male	400m I.M. HDW	Age 11 – 16/Ov
505	Male	200m Butterfly HDW	Age 9 – 16/Ov	605	Female	200m Backstroke HDW	Age 9 – 16/Ov
506	Female	4 x 50m Free Relay HDW	Age 12/Under	606	Male	200m Freestyle HDW	Age 9 – 16/Ov
507	Male	50m Backstroke FINAL	Junior 15/Under	607	Female	100m Breaststroke FINAL	Junior 15/Under
508	Male	50m Backstroke FINAL	Senior 16/Over	608	Female	100m Breaststroke FINAL	Senior 16/Over
509	Female	100m Freestyle FINAL	Junior 15/Under	609	Male	6 x 50m Freestyle Relay HDW	Age 12 – Open
510	Female	100m Freestyle FINAL	Senior 16/Over				
<b>Session 7</b>		<b>21 October 2018</b>	<b>Warm Up TBC</b>	<b>Session 8</b>		<b>21 October 2018</b>	<b>Warm Up TBC</b>
701	Female	4 x 50m Medley Relay HDW	Age OPEN	801	Female	100m I.M. HEATS	Age 9 – 16/Ov
702	Male	200m I.M. HDW	Age 9 – 16/Ov	802	Male	100m Backstroke HEATS	Age 9 – 16/Ov
703	Female	100m Butterfly HEATS	Age 9 – 16/Ov	803	Female	50m Butterfly HEATS	Age 9 – 16/Ov
704	Male	50m Freestyle HEATS	Age 9 – 16/Ov	804	Male	200m Breaststroke HDW	Age 9 – 16/Ov
705	Female	50m Breaststroke HEATS	Age 9 – 16/Ov	805	Female	400m Freestyle HDW	Age 9 – 16/Ov
706	Male	1500m Freestyle HDW	Age 11/Ov – 16/Ov	806	Male	4 x 50m Medley Relay HDW	Age OPEN
707	Female	100m Butterfly FINAL	Junior 15/Under	807	Female	100m I.M. FINAL	Junior 15/Under
708	Female	100m Butterfly FINAL	Senior 16/Over	808	Female	100m I.M. FINAL	Senior 16/Over
709	Male	50m Freestyle FINAL	Junior 15/Under	809	Male	100m Backstroke FINAL	Junior 15/Under
710	Male	50m Freestyle FINAL	Senior 16/Over	810	Male	100m Backstroke FINAL	Senior 16/Over
711	Female	50m Breaststroke FINAL	Junior 15/Under	811	Female	50m Butterfly FINAL	Junior 15/Under
712	Female	50m Breaststroke FINAL	Senior 16/Over	812	Female	50m Butterfly FINAL	Senior 16/Over
				813	Mixed	12 x 50m Freestyle Relay HDW	Age 12 – Open