

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

TEAM PROGRAMME (UNDER A.S.A. TECHNICAL RULES)

VENUE: _____

DATE: _____

REFEREE: _____

					Finish Order	Lane1	Lane 2	Lane 3	Lane 4
1	GIRLS	9/10	MEDLEY RELAY	4 X L					
2	BOYS	9/10	MEDLEY RELAY	4 X L					
3	GIRLS	11/12	FREESTYLE RELAY	4 X L					
4	BOYS	11/12	FREESTYLE RELAY	4 X L					
5	GIRLS	13/14	MEDLEY RELAY	4 X L					
6	BOYS	13/14	MEDLEY RELAY	4 X L					
7	MIXED	9/10	SQUAD RELAY	4 X L					
8	MIXED	11/12	SQUAD RELAY	4 X L					
9	MIXED	13/14	SQUAD RELAY	4 X L					
10	GIRLS	9/10	FREESTYLE RELAY	4 X L					
11	BOYS	9/10	FREESTYLE RELAY	4 X L					
12	GIRLS	11/12	MEDLEY RELAY	4 X L					
13	BOYS	11/12	MEDLEY RELAY	4 X L					
14	GIRLS	13/14	SQUAD RELAY	4 X L					
15	BOYS	13/14	SQUAD RELAY	4 X L					
16	GIRLS	9/10	SQUAD RELAY	4 X L					
17	BOYS	9/10	SQUAD RELAY	4 X L					
18	GIRLS	11/12	SQUAD RELAY	4 X L					
19	BOYS	11/12	SQUAD RELAY	4 X L					
20	MIXED	13/14	MEDLEY RELAY	4 X L					
21	MIXED	9/10	MEDLEY RELAY	4 X L					
22	MIXED	11/12	MEDLEY RELAY	4 X L					
23	GIRLS	13/14	FREESTYLE RELAY	4 X L					
24	BOYS	13/14	FREESTYLE RELAY	4 X L					
25	MIXED	3G:3B	CANNON RELAY	6 X L					
TOTAL POINTS									
FINAL POSITIONS									

SQUAD RELAYS 2 Breaststroke & 2 Frontcrawl - Swum in that order
MIXED RELAYS All swum GIRL/BOY/GIRL/BOY
CANON RELAY 1 Girl & 1 Boy from each age group, starting youngest first