



Richmond Dales ASC
Iain Young 'Back to Pool' Gala
16th & 17th September 2023

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



PROGRAMME OF EVENTS

SATURDAY 16th September (Session 1)

Warm Up @ 8:00-8:55am / Start @ 9:00am

Event 101	Girls 9yrs/Over 200m Individual Medley
Event 102	Open/Boy 11yrs/Over 400m Freestyle
Event 103	Girls 9yrs/Over 50m Butterfly
Event 104	Open/Boy 9yrs/Over 50m Backstroke
Event 105	Girls 9yrs/Over 200m Breaststroke
Event 106	Open/Boy 9yrs/Over 200m Butterfly
Event 107	Girls 9yrs/Over 100m Backstroke
Event 108	Open/Boy 9yrs/Over 100m Freestyle
Event 109	Girls 12yrs/Under - Skins
Event 110	Girls 13yrs/Over - Skins

SATURDAY 16th September (Session 2)

Warm Up @ TBC

Event 201	Girls 11yrs/Over 400m Individual Medley
Event 202	Open/Boy 9yrs/Over 50m Freestyle
Event 203	Girls 9yrs/Over 50m Breaststroke
Event 204	Open/Boy 9yrs/Over 200m Freestyle
Event 205	Girls 9yrs/Over 200m Backstroke
Event 206	Open/Boy 9yrs/Over 100m Butterfly
Event 207	Girls 9yrs/Over 100m Breaststroke
Event 208	Open/Boy 9yrs/Over 100m Individual Medley

SUNDAY 17th September (Session 3)

Warm Up @ 8:00-8:55am / Start @ 9:00am

Event 301	Open/Boy 9yrs/Over 200m Individual Medley
Event 302	Girls 11yrs/Over 400m Freestyle
Event 303	Open/Boy 9yrs/Over 50m Butterfly
Event 304	Girls 9yrs/Over 50m Backstroke
Event 305	Open/Boy 9yrs/Over 200m Breaststroke
Event 306	Girls 9yrs/Over 200m Butterfly
Event 307	Open/Boy 9yrs/Over 100m Backstroke
Event 308	Girls 9yrs/Over 100m Freestyle
Event 309	Open/Boy 12yrs/Under - Skins
Event 310	Open/Boy 13yrs/Over - Skins

SUNDAY 17th September (Session 4)

Warm Up @ TBC

Event 401	Open/Boy 11yrs/Over 400m Individual Medley
Event 402	Girls 9yrs/Over 50m Freestyle
Event 403	Open/Boy 9yrs/Over 50m Breaststroke
Event 404	Girls 9yrs/Over 200m Freestyle
Event 405	Open/Boy 9yrs/Over 200m Backstroke
Event 406	Girls 9yrs/Over 100m Butterfly
Event 407	Open/Boy 9yrs/Over 100m Breaststroke
Event 408	Girls 9yrs/Over 100m Individual Medley