

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

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

VENUE: _____

DATE: _____

REFEREE: _____

| | | | | | Lane1 | Lane 2 | Lane 3 | Lane 4 |
|------------------------|------------------------|-------|-----------------|------|-------|--------|--------|--------|
| Finish Order | | | | | | | | |
| 1 | GIRLS | 10 | FREESTYLE | L | | | | |
| 2 | BOYS | 10 | FREESTYLE | L | | | | |
| 3 | GIRLS | 11 | BACKSTROKE | L | | | | |
| 4 | BOYS | 11 | BACKSTROKE | L | | | | |
| 5 | GIRLS | 12/13 | BREASTSTROKE | 2L | | | | |
| 6 | BOYS | 12/13 | BREASTSTROKE | 2L | | | | |
| 7 | GIRLS | 10 | BUTTERFLY | L | | | | |
| 8 | BOYS | 10 | BUTTERFLY | L | | | | |
| 9 | GIRLS | 11 | FREESTYLE | L | | | | |
| 10 | BOYS | 11 | FREESTYLE | L | | | | |
| 11 | GIRLS | 12/13 | BACKSTROKE | 2L | | | | |
| 12 | BOYS | 12/13 | BACKSTROKE | 2L | | | | |
| 13 | GIRLS | 9/10 | FREESTYLE RELAY | 4XL | | | | |
| 14 | BOYS | 9/10 | FREESTYLE RELAY | 4XL | | | | |
| 15 | GIRLS | 11 | MEDLEY RELAY | 4XL | | | | |
| 16 | BOYS | 11 | MEDLEY RELAY | 4XL | | | | |
| 17 | GIRLS | 12/13 | MEDLEY RELAY | 4X2L | | | | |
| 18 | BOYS | 12/13 | MEDLEY RELAY | 4X2L | | | | |
| 19 | GIRLS | 10 | BACKSTROKE | L | | | | |
| 20 | BOYS | 10 | BACKSTROKE | L | | | | |
| 21 | GIRLS | 11 | BREASTSTROKE | L | | | | |
| 22 | BOYS | 11 | BREASTSTROKE | L | | | | |
| 23 | GIRLS | 12/13 | BUTTERFLY | 2L | | | | |
| 24 | BOYS | 12/13 | BUTTERFLY | 2L | | | | |
| 25 | GIRLS | 10 | BREASTSTROKE | L | | | | |
| 26 | BOYS | 10 | BREASTSTROKE | L | | | | |
| 27 | GIRLS | 11 | BUTTERFLY | L | | | | |
| 28 | BOYS | 11 | BUTTERFLY | L | | | | |
| 29 | GIRLS | 12/13 | FREESTYLE | 2L | | | | |
| 30 | BOYS | 12/13 | FREESTYLE | 2L | | | | |
| 31 | GIRLS | 9/10 | MEDLEY RELAY | 4XL | | | | |
| 32 | BOYS | 9/10 | MEDLEY RELAY | 4XL | | | | |
| 33 | GIRLS | 11 | FREESTYLE RELAY | 4XL | | | | |
| 34 | BOYS | 11 | FREESTYLE RELAY | 4XL | | | | |
| 35 | GIRLS | 12/13 | FREESTYLE RELAY | 4X2L | | | | |
| 36 | BOYS | 12/13 | FREESTYLE RELAY | 4X2L | | | | |
| 37 | CANNON RELAY (3G + 3B) | | | 6XL | | | | |
| TOTAL POINTS | | | | | | | | |
| FINAL POSITIONS | | | | | | | | |

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

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

VENUE: _____

DATE: _____

TEAM SHEET: _____

| | | | | | | |
|----|-------|-------|-----------------|------|---|---|
| 1 | GIRLS | 10 | FREESTYLE | L | | |
| 2 | BOYS | 10 | FREESTYLE | L | | |
| 3 | GIRLS | 11 | BACKSTROKE | L | | |
| 4 | BOYS | 11 | BACKSTROKE | L | | |
| 5 | GIRLS | 12/13 | BREASTSTROKE | 2L | | |
| 6 | BOYS | 12/13 | BREASTSTROKE | 2L | | |
| 7 | GIRLS | 10 | BUTTERFLY | L | | |
| 8 | BOYS | 10 | BUTTERFLY | L | | |
| 9 | GIRLS | 11 | FREESTYLE | L | | |
| 10 | BOYS | 11 | FREESTYLE | L | | |
| 11 | GIRLS | 12/13 | BACKSTROKE | 2L | | |
| 12 | BOYS | 12/13 | BACKSTROKE | 2L | | |
| 13 | GIRLS | 9/10 | FREESTYLE RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 14 | BOYS | 9/10 | FREESTYLE RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 15 | GIRLS | 11 | MEDLEY RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 16 | BOYS | 11 | MEDLEY RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 17 | GIRLS | 12/13 | MEDLEY RELAY | 4X2L | 1 | 2 |
| | | | | | 3 | 4 |
| 18 | BOYS | 12/13 | MEDLEY RELAY | 4X2L | 1 | 2 |
| | | | | | 3 | 4 |
| 19 | GIRLS | 10 | BACKSTROKE | L | | |
| 20 | BOYS | 10 | BACKSTROKE | L | | |
| 21 | GIRLS | 11 | BREASTSTROKE | L | | |
| 22 | BOYS | 11 | BREASTSTROKE | L | | |
| 23 | GIRLS | 12/13 | BUTTERFLY | 2L | | |
| 24 | BOYS | 12/13 | BUTTERFLY | 2L | | |
| 25 | GIRLS | 10 | BREASTSTROKE | L | | |
| 26 | BOYS | 10 | BREASTSTROKE | L | | |
| 27 | GIRLS | 11 | BUTTERFLY | L | | |
| 28 | BOYS | 11 | BUTTERFLY | L | | |

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

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

VENUE: _____ DATE: _____ TEAM SHEET: _____

| | | | | | | |
|----|------------------------|-------|-----------------|------|-------|-------|
| 29 | GIRLS | 12/13 | FREESTYLE | 2L | | |
| 30 | BOYS | 12/13 | FREESTYLE | 2L | | |
| 31 | GIRLS | 9/10 | MEDLEY RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 32 | BOYS | 9/10 | MEDLEY RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 33 | GIRLS | 11 | FREESTYLE RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 34 | BOYS | 11 | FREESTYLE RELAY | 4XL | 1 | 2 |
| | | | | | 3 | 4 |
| 35 | GIRLS | 12/13 | FREESTYLE RELAY | 4X2L | 1 | 2 |
| | | | | | 3 | 4 |
| 36 | BOYS | 12/13 | FREESTYLE RELAY | 4X2L | 1 | 2 |
| | | | | | 3 | 4 |
| 37 | CANNON RELAY (3G + 3B) | | | 6XL | 1 (G) | 2 (B) |
| | | | | | 3 (G) | 4 (B) |
| | | | | | 5 (G) | 6 (B) |

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

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

VENUE: _____

DATE: _____

REFEREE: _____

| | | | | | Lane1 | Lane 2 | Lane 3 | Lane 4 |
|------------------------|------------------------|-------|-----------------|------|-------|--------|--------|--------|
| Finish Order | | | | | | | | |
| 1 | GIRLS | 10 | FREESTYLE | L | | | | |
| 2 | BOYS | 10 | FREESTYLE | L | | | | |
| 3 | GIRLS | 11 | BACKSTROKE | L | | | | |
| 4 | BOYS | 11 | BACKSTROKE | L | | | | |
| 5 | GIRLS | 12/13 | BREASTSTROKE | 2L | | | | |
| 6 | BOYS | 12/13 | BREASTSTROKE | 2L | | | | |
| 7 | GIRLS | 10 | BUTTERFLY | L | | | | |
| 8 | BOYS | 10 | BUTTERFLY | L | | | | |
| 9 | GIRLS | 11 | FREESTYLE | L | | | | |
| 10 | BOYS | 11 | FREESTYLE | L | | | | |
| 11 | GIRLS | 12/13 | BACKSTROKE | 2L | | | | |
| 12 | BOYS | 12/13 | BACKSTROKE | 2L | | | | |
| 13 | GIRLS | 9/10 | FREESTYLE RELAY | 4XL | | | | |
| 14 | BOYS | 9/10 | FREESTYLE RELAY | 4XL | | | | |
| 15 | GIRLS | 11 | MEDLEY RELAY | 4XL | | | | |
| 16 | BOYS | 11 | MEDLEY RELAY | 4XL | | | | |
| 17 | GIRLS | 12/13 | MEDLEY RELAY | 4X2L | | | | |
| 18 | BOYS | 12/13 | MEDLEY RELAY | 4X2L | | | | |
| 19 | GIRLS | 10 | BACKSTROKE | L | | | | |
| 20 | BOYS | 10 | BACKSTROKE | L | | | | |
| 21 | GIRLS | 11 | BREASTSTROKE | L | | | | |
| 22 | BOYS | 11 | BREASTSTROKE | L | | | | |
| 23 | GIRLS | 12/13 | BUTTERFLY | 2L | | | | |
| 24 | BOYS | 12/13 | BUTTERFLY | 2L | | | | |
| 25 | GIRLS | 10 | BREASTSTROKE | L | | | | |
| 26 | BOYS | 10 | BREASTSTROKE | L | | | | |
| 27 | GIRLS | 11 | BUTTERFLY | L | | | | |
| 28 | BOYS | 11 | BUTTERFLY | L | | | | |
| 29 | GIRLS | 12/13 | FREESTYLE | 2L | | | | |
| 30 | BOYS | 12/13 | FREESTYLE | 2L | | | | |
| 31 | GIRLS | 9/10 | MEDLEY RELAY | 4XL | | | | |
| 32 | BOYS | 9/10 | MEDLEY RELAY | 4XL | | | | |
| 33 | GIRLS | 11 | FREESTYLE RELAY | 4XL | | | | |
| 34 | BOYS | 11 | FREESTYLE RELAY | 4XL | | | | |
| 35 | GIRLS | 12/13 | FREESTYLE RELAY | 4X2L | | | | |
| 36 | BOYS | 12/13 | FREESTYLE RELAY | 4X2L | | | | |
| 37 | CANNON RELAY (3G + 3B) | | | 6XL | | | | |
| TOTAL POINTS | | | | | | | | |
| FINAL POSITIONS | | | | | | | | |