

City of Sheffield Swimming Club

City of Sheffield Teaspoon Gala Long Course Programme of Events

Age Groups 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over

*Ponds Forge, Sheffield
Sunday 22nd September 2019*

Session One Warm Up - 8.00am Start - 9.00am			
101	50m Backstroke	Boys	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
102	50m Backstroke	Girls	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
103	50m Breaststroke	Boys	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
104	50m Breaststroke	Girls	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs

Session Two Warm Up - TBA Start - TBA			
201	50m Freestyle	Boys	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
202	50m Freestyle	Girls	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
203	50m Butterfly	Boys	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs
204	50m Butterfly	Girls	9/10yrs, 11yrs, 12yrs, 13yrs, 14rs, 15+yrs