



# YORK CITY BATHS CLUB SPRING SWIM EXTRAVAGANZA



Saturday / Sunday 7<sup>th</sup> / 8<sup>th</sup> March 2020  
The Aquatics Centre, John Charles Centre for Sport, Leeds

## PROGRAMME OF EVENTS

All events are Heat Declared Winner

Please contact Daniel Ungar at [ycbc.galacoordinator@gmail.com](mailto:ycbc.galacoordinator@gmail.com) for further information

### Saturday 7<sup>th</sup> March 2020

<b>Session 1</b>		
<b>Warm up 8am – Session starts at 9am</b>		
101	Girls	200m Butterfly
102	Boys	200m Freestyle
103	Girls	100m Backstroke
104	Boys	50m Butterfly
105	Girls 10 and over	400m Freestyle
106	Boys	100m IM
107	Girls	50m Freestyle
108	Boys	100m Breaststroke

<b>Session 2</b>		
<b>Warm up 1pm (TBC) – Session starts at 2pm (TBC)</b>		
201	Girls	200m IM
202	Boys	200m Breaststroke
203	Girls	50m Breaststroke
204	Boys 10 and over	400m IM
205	Girls	100m Butterfly
206	Boys	50m Backstroke
207	Girls	200m Backstroke
208	Boys	100m Freestyle

### Sunday 8<sup>th</sup> March 2020

<b>Session 3</b>		
<b>Warm up 8am – Session starts at 9am</b>		
301	Boys	200m Backstroke
302	Girls	100m IM
303	Boys 10 and over	400m Freestyle
304	Girls	50m Butterfly
305	Boys	100m Butterfly
306	Girls	200m Breaststroke
307	Boys	50m Breaststroke
308	Girls	100m Freestyle

<b>Session 4</b>		
<b>Warm up 1pm (TBC) – Session starts at 2pm (TBC)</b>		
401	Boys	200m IM
402	Girls	200m Freestyle
403	Boys	100m Backstroke
404	Girls	50m Backstroke
405	Boys	200m Butterfly
406	Girls 10 and over	400m IM
407	Boys	50m Freestyle
408	Girls	100m Breaststroke