

MANCHESTER & DISTRICT SWIMMING & WATER POLO ASSOCIATION

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

VENUE: _____

DATE: _____

REFEREE: _____

| | | | | | Lane1 | Lane 2 | Lane 3 | Lane 4 |
|------------------------|-------|-------|-----------------|-------|-------|--------|--------|--------|
| Finish Order | | | | | | | | |
| 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