



TYNEMOUTH AMATEUR SWIMMING CLUB

Spring Level 3 Gala at Tynemouth Pool
16th to 17th March 2019 Level 3 (TBC)

Session 1 16 th Mar				Session 3 17 th Mar			
Warm-up: 8:00		Start: 9:00		Warm-up: 8:00		Start: 9:00	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
101	Mixed	800	Free	301	Mixed	1500	Free
Break				Break			
102	Female	200	IM	302	Male	200	IM
103	Male	100	Fly	303	Female	100	Back
104	Female	100	Fly	304	Male	100	Back
105	Male	50	Back	305	Female	50	Breast
106	Female	50	Back	306	Male	50	Breast
107	Male	200	Back	307	Female	200	Back
Session 2 16 th Mar				Session 4 17 th Mar			
Warm-up: TBC		Start: TBC		Warm-up: TBC		Start: TBC	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
201	Male	200	Free	401	Female	200	Free
202	Female	100	Breast	402	Male	100	Free
203	Male	100	Breast	403	Female	100	Free
204	Female	50	Free	404	Male	50	Fly
205	Male	50	Free	405	Female	50	Fly
206	Female	200	Breast	406	Male	200	Breast
207	Male	200	Fly	407	Female	200	Fly