

SUMMER SPECTACULAR 2016

cityofsalfordsc.co.uk @CoSalfordSwim



SATURDAY 16th JULY 2016

SESSION 1

Warm Up 8am, Start 9am

Event 101	Boys 200m IM
Event 102	Girls 200m IM
Event 103	Boys 100m Backstroke
Event 104	Girls 100m Backstroke
Event 105	Boys 50m Butterfly
Event 106	Girls 50m Butterfly
Event 107	Mixed 10/under 4x25m Free Relay

SKINZ COMPETITION

SESSION 2

Warm Up approx. 1pm

Event 201	Boys 200m Backstroke
Event 202	Girls 100m Butterfly
Event 203	Boys 100m Butterfly
Event 204	Girls 200m Breaststroke
Event 205	Boys 200m Breaststroke
Event 206	Girls 50m Freestyle
Event 207	Boys 50m Freestyle

SUNDAY 17th JULY 2016

SESSION 3

Warm Up 8am, Start 9am

Event 301	Girls 200m Freestyle
Event 302	Boys 200m Freestyle
Event 303	Girls 100m Breaststroke
Event 304	Boys 100m Breaststroke
Event 305	Girls 50m Backstroke
Event 306	Boys 50m Backstroke
Event 307	Mixed 10/under 4x25m Medley Relay

SESSION 4

Warm Up approx. 1pm

Event 401	Girls 200m Backstroke
Event 402	Boys 200m Butterfly
Event 403	Girls 200m Butterfly
Event 404	Boys 50m Breaststroke
Event 405	Girls 50m Breaststroke
Event 406	Boys 100m Freestyle
Event 407	Girls 100m Freestyle

> The times from the 4x25m Relays and the SKINZ will NOT be sent to Rankings

> There will be a SKINZ competition after Session 1 on Saturday. There will be 6 Girls and 6 Boys – selected from the Top 6 finishers in the 200m IM earlier in the session.

