

MICRO LEAGUE OF THE NORTH WEST (affiliated to NCASA)
OFFICIAL TEAM LIST - ALL GALAS SWUM UNDER A.S.A. LAWS

GALA DATE				CLUB			
START TIME				VENUE			
NO.	AGE	EVENT		GIRLS	TIME	BOYS	TIME
1 & 2	12/u	4 x 1 Length Medley Relay	Bck				
			Brst				
			Fly				
			Fc				
3 & 4	9	4 x 1 Length Freestyle Relay	1				
			2				
			3				
			4				
5 & 6	10/u	4 x 1 Length Medley Relay	Bck				
			Brst				
			Fly				
			Fc				
7 & 8	11/u	4 x 1 Length Freestyle Relay	1				
			2				
			3				
			4				
9 & 10	9	1 Length	Free				
11 & 12	10	2 Lengths	Brst				
13 & 14	11/u	2 Lengths	Bck				
15 & 16	12/u	2 Lengths	Fly				
17 & 18	9	1 Length	Brst				
19 & 20	10	2 Lengths	Bck				
21 & 22	11/u	2 Lengths	Fly				
23 & 24	12/u	2 Lengths	Free				
25 & 26	9	1 Length	Bck				
27 & 28	10	1 Length	Fly				
29 & 30	11/u	2 Lengths	Free				
31 & 32	12/u	2 Lengths	Brst				
33 & 34	9	1 Length	Fly				
35 & 36	10	2 Lengths	Free				
37 & 38	11/u	2 Lengths	Brst				
39 & 40	12/u	2 Lengths	Bck				
41 & 42	9	4 x 1 Length Medley Relay	Bck				
			Brst				
			Fly				
			Fc				
43 & 44	10/u	4 x 1 Length Freestyle Relay	1				
			2				
			3				
			4				
45 & 46	11/u	4 x 1 Length Medley Relay	Bck				
			Brst				
			Fly				
			Fc				
47 & 48	12/u	4 x 1 Length Freestyle Relay	1				
			2				
			3				
			4				
49		1 Girl & 1 Boy 8 x 1 Length Mixed Freestyle Cannon	9yr				
			10yr				
			11yr				
			12yr				

Team Managers Name :

Signature :