

**Northamptonshire ASA
Short Course Competition 2018
Programme of Events**

Saturday 15th September 2018	
Session 1	Session 2
Morning	Afternoon
Rugby (SC)	Rugby (SC)
<p style="text-align: center;">4 x 50 Free Relay (F) 13yrs & under 4 x 50 Medley Relay (M) 13yrs & under 4 x 50 Free Relay (F) 4 x 50 Medley Relay (M)</p> <p style="text-align: center;">100m IM (F) 50m Breaststroke (M) 50m Butterfly (F) 50m Backstroke (M) 50m Freestyle (F)</p>	<p style="text-align: center;">4 x 50 Free Relay (M) 13yrs & under 4 x 50 Medley Relay (F) 13yrs & under 4 x 50 Free Relay (M) 4 x 50 Medley Relay (F)</p> <p style="text-align: center;">100m IM (M) 50m Breaststroke (F) 50m Butterfly (M) 50m Backstroke (F) 50m Freestyle (M)</p>
Approx Session times	
Session 1	Session 2
<p style="text-align: center;">Warm up 12.30 - 1.45pm</p> <p style="text-align: center;">Competition 1.50 - 4.30pm</p>	<p style="text-align: center;">Warm up 5.00 - 6.15pm</p> <p style="text-align: center;">Competition 6.20 - 9.00pm</p>

Venue - The Queen's Diamond Jubilee Centre, Rugby