

Rhyl Dolphins Club Championships 2011

Gala 1 Friday 16th September – Club Night *Warm up-19:00 Starts at-19:30

Girls	11, 12, 13, 14, 15, 16/24, Masters	800m Freestyle	HDW
Boys	11, 12, 13, 14, 15, 16/24, Masters	1500m Freestyle	HDW

Gala 2 Sunday 18th September *Warm up-18.00 Starts at-ASAP

Girls	11, 12, 13, 14, 15, 16/24, Masters	1500m Freestyle	HDW
Boys	11, 12, 13, 14, 15, 16/24, Masters	800m Freestyle	HDW

Gala 3 Friday 23rd September – Club Night *Warm up-19:30 Starts at-20:00

Girls/Boys	8/under, 9, 10	100 IM	HDW
Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	200 IM	HDW

Gala 4 Saturday 24th September *Warm up-11:30 Starts at-11:45

Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	400 IM	HDW
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Short Break

Girls/Boys	9, 10, 11, 12, 13, 14, 15, 16/24, Masters	200m Backstroke	HDW
Girls/Boys	8/under	25m Freestyle	HDW
Girls/Boys	9	50m Freestyle	HDW
Girls/Boys	10	100m Freestyle	HDW
Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	100m Butterfly	HDW

Gala 5 Saturday 24th September *Warm up-15:15 Starts at-15:45

Girls/Boys	9, 10, 11, 12, 13, 14, 15, 16/24, Masters	200m Freestyle	HDW
Girls/Boys	8/under	25m Breaststroke	HDW
Girls/Boys	9	50m Breaststroke	HDW
Girls/Boys	10	100m Breaststroke	HDW
Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	100m Backstroke	HDW

Gala 6 Sunday 25th September *Warm up-11:30 Starts at-11:45

Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	400m Freestyle	HDW
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Short Break

Girls/Boys	9, 10, 11, 12, 13, 14, 15, 16/24, Masters	200m Butterfly	HDW
Girls/Boys	8/under	25m Backstroke	HDW
Girls/Boys	9	50m Backstroke	HDW
Girls/Boys	10	100m Backstroke	HDW
Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	100m Breaststroke	HDW

Gala 7 Sunday 25th September *Warm up-15:15 Starts at 15:45

Girls/Boys	9, 10, 11, 12, 13, 14, 15, 16/24, Masters	200m Breaststroke	HDW
Girls/Boys	8/under	25m Butterfly	HDW
Girls/Boys	9	25m Butterfly	HDW
Girls/Boys	10	50m Butterfly	HDW
Girls/Boys	11, 12, 13, 14, 15, 16/24, Masters	100m Freestyle	HDW
Girls/Boys	9, 10, 11, 12, 13, 14, 15, 16/24, Masters	25m Freestyle	HDW

***Times may have to be changed.**