

City of Rochester Swimming Lifeguard Club

Club Championships 2009

	9yrs. & under 25m	10yrs. 50m	11/12yrs. 50m	13/14yrs. 100m	Ladies/Mens HDW 100m	Ladies/Mens HDW 200m	Ladies/Mens Over 20yrs 50m	Other Events
Gala 1 27th March	Freestyle	Breaststroke	4x1 I.M.	Butterfly	Freestyle	4x2 I.M.	Butterfly	
Gala 2 5th June	Breaststroke	Backstroke	Butterfly	4x1 I.M.	Breaststroke	Freestyle	Backstroke	Ladies 50m Handicap
Gala 3 10th July	4x1 I.M.	4x1 I.M.	Freestyle	Breaststroke	Backstroke	Butterfly	Breaststroke	Past Master 50m Freestyle
Gala 4 18th Sept	Butterfly	Freestyle	Backstroke	Backstroke	Butterfly	Breaststroke	Freestyle	Mums & Dads 25m Freestyle
Gala 5 9th Oct								Open 400m Freestyle
Gala 6 13th Nov	Backstroke	Butterfly	Breaststroke	Freestyle	4x1 I.M.	Backstroke		Mens 50m Handicap

Teachers Novice Club Gala
Margaret Stone Novice Gala

Fri 15th May
Sun 27th Sept