

Midlands Open Masters Championships - October 2016

Relays

Saturday 1st October

All relays are 4 x 50m

Morning Session

warm up: 8.30am

Event Number 8 Mixed Freestyle Relay

240+ Steve Nash
 Anne Bourne
 Diana Nash
 Andrew Wolf

72+ Simeon Hemming
 Vicki Wassell
 Amber Coughlan
 Alex Jenkins

Afternoon Session

warm up: 1.00pm

Event Number 17 Mixed Medley Relay

240+ Diana Nash
 Andrew Wolf
 Steve Nash
 Kate Chase

72+ Amber Coughlan
 Steve Eggleton
 Alex Jenkins
 Vicki Wassell

Sunday 2nd October

Morning Session

Warm up: 8.30am

Event Number 25 Men's Freestyle Relay

200+ Andrew Wolf
Simeon Hemming/Paul Tainty
Steve Nash
Steve Eggleton

Event Number 26 Women's Freestyle Relay

160+ Heather Haw-Tierney
Briony Johnson
Ellie Nouhov
Anne Bourne

Afternoon Session

Warm up: 12.00

Event Number 35 Men's Medley Relay

200+ Andrew Wolf
Simeon Hemming
Steve Nash
Steve Eggleton

Event Number 36 Women's Medley Relay

160+ Briony Johnson
Diana Nash NB: order of swim to be determined
Ellie Nouhov
Heather Haw-Tierney