

**CHAMPIONSHIPS: Licensed level 1. Age as on 8th November.
Hutton Moor (25m) all events to be signed in before each warm-up**

SATURDAY 7th NOVEMBER

SUNDAY 8th NOVEMBER

9.00am Warm-up – 10.00am Start

Mens	200m	Ind. Medley	Ladies	200m	Ind. Medley
Ladies	200m	Back	Mens	200m	Back
Mens	200m	Breast	Ladies	200m	Breast
Ladies	100m	Breast	Mens	100m	Breast
Mens	100m	Backstroke	Ladies	100m	Back
Ladies	50m	Fly	Mens	50m	Fly
Mens	50m	Freestyle	Ladies	50m	Freestyle
Ladies	400m	Freestyle HDW	Mens	400m	Freestyle HDW

30 minutes break including swim down and 2nd warm-up for 60 minutes

Mens	200m	Freestyle	Ladies	200m	Freestyle
Ladies	200m	Fly	Mens	200m	Fly
Mens	100m	Fly	Ladies	100m	Fly
Ladies	100m	Freestyle	Mens	100m	Freestyle
Mens	50m	Breast	Ladies	50m	Breast
Ladies	50m	Back	Mens	50m	Back
Mens	400m	Ind. Medley HDW	Ladies	400m	Ind. Medley HDW

FINALS – warm-up start 45 minutes after finish of afternoon session with a 45 minute warm-up but swimmers will be expected to be ready for the first event in their FINA approved costumes. Finals will start every 5 minutes to allow swimmers to plan their finals.

Juniors shall be 15 years and under on 8th November 2009.

Saturday Finals	Sunday Finals
1. Male 200m IM	20. Female 200m IM
2. Female 200m Backstroke	21. Male 200m Backstroke
3. Male 100m Butterfly	22. Female 100m Butterfly
4. Female 100m Breaststroke	23. Male 100m Breaststroke
5. Presentation of events 1 & 2	24. Presentation of events 20 & 21
6. Male 50m Breaststroke	25. Female 50m Breaststroke
7. Female 50m Butterfly	26. Male 50m Butterfly
8. Presentation of events 3 & 4	27. Presentation of events 22 & 23
9. Male 200m Freestyle	28. Female 200m Freestyle
10. Female 200m Butterfly	29. Male 200m Butterfly
11. Presentation of events 6 & 7	30. Presentation of events 25 & 26
12. Male 100m Backstroke	31. Female 100m Backstroke
13. Female 100m Freestyle	32. Male 100m Freestyle
14. Presentation of events 9 & 10	33. Presentation of events 28 & 29
15. Male 50m Freestyle	34. Female 50m Freestyle
16. Female 50m Backstroke	35. Male 50m Backstroke
17. Presentation of events 12 & 13	36. Presentation of events 31 & 32
18. Male 200m Breaststroke	37. Female 200m Breaststroke
19. Mixed 1500m Freestyle including presentation of 15 - 18	38. Mixed 800m Freestyle including presentation of 34 - 37

For these Championships: Over-the-top starts will be used during the heats.

Disability events. These will be incorporated with the above events with all results being declared from the heats QTs are listed below.

ASA South West Region CHAMPIONSHIPS 2009

Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since January 1st 2009.

Mens			Ladies		
		Consideration	EVENTS		Consideration
SC	25.3	26.8	50m Freestyle	28.8	29.3
SC	56.2	57.6	100m Freestyle	1.02.0	1.04.6
SC	2.03.9	2.11.4	200m Freestyle	2.15.0	2.21.8
SC	4.23.1	4.40.0	400m Freestyle	4.43.1	4.55.4
SC			800m Freestyle		
SC			1500m Freestyle		
SC	30.8		50m Backstroke	34.4	
SC	1.06.4	1.10.9	100m Backstroke	1.11.9	1.17.3
SC	2.23.9	2.31.8	200m Backstroke	2.35.6	2.45.0
SC	33.5		50m Breaststroke	36.2	
SC	1.13.7	1.16.6	100m Breaststroke	1.24.5	1.26.6
SC	2.39.9	2.46.4	200m Breaststroke	2.53.7	3.04.4
SC	28.9		50m Butterfly	31.6	
SC	1.03.6	1.06.2	100m Butterfly	1.09.7	1.13.9
SC	2.22.1	2.26.9	200m Butterfly	2.33.5	2.42.6
SC	2.26.1	2.32.4	200m Ind. Medley	2.38.9	2.42.6
SC	5.10.5	5.23.1	400m Ind. Medley	5.33.6	5.50.5

All entries must be made on short course times, conversions may be made.

Times for the 800m and 1500m will be released after the National Youth Championships.