

# WORCESTER COUNTY SWIMMING ASSOCIATION CHAMPIONSHIPS AND AGE GROUPS COMPETITIONS 2009

Under ASA Laws and ASA Technical Rules

These events have been designated by the ASA for entry into National Championships and Competitions

HEREFORD - Sunday 8 February				HEREFORD - Saturday 28 February			
<b>Session 1 - 10.00am Warm-up</b>				<b>Session 2 - 10.00am Warm-up</b>			
1	(M/L)	800m Freestyle	HDW	2	(M/L)	1500m Freestyle	HDW
WORCESTER – Saturday 14 March							
<b>Session 3 – 9.00am Warm up</b>				<b>Session 5 – 5.00pm Warm up*</b>			
3	(M)	100m Individual Medley	Heats	11	(M)	100m IM County Champion	Final
4	(L)	200m Breaststroke	HDW	12-19	(M)	100m IM Age Groups	Finals
5	(M)	100m Butterfly	Heats	20	(L)	50m Backstroke County Champion	Final
6	(L)	50m Backstroke	Heats	21-28	(L)	50m Backstroke Age Groups	Finals
<b>Session 4 – 1.00 pm Warm up*</b>				29	(M)	100m Butterfly County Champion	Final
7	(M)	200m Freestyle	HDW	30-36	(M)	100m Butterfly Age Groups	Finals
8	(L)	100m Backstroke	Heats	37	(L)	100m Backstroke County Champion	Final
9	(M)	50m Butterfly	Heats	38-44	(L)	100m Backstroke Age Groups	Finals
10	(L)	400m Individual Medley	HDW	45	(M)	50m Butterfly County Champion	Final
				46-53	(M)	50m Butterfly Age Groups	Finals
WORCESTER – Sunday 15 March							
<b>Session 6 – 9.00am Warm up</b>				<b>Session 8 – 5.00pm Warm up*</b>			
54	(L)	100m Individual Medley	Heats	62	(L)	100m IM County Champion	Final
55	(M)	200m Breaststroke	HDW	63-70	(L)	100m IM Age Groups	Finals
56	(L)	100m Butterfly	Heats	71	(M)	50m Backstroke County Champion	Final
57	(M)	50m Backstroke	Heats	72-79	(M)	50m Backstroke Age Groups	Finals
<b>Session 7 – 1.00pm Warm up*</b>				80	(L)	100m Butterfly County Champion	Final
58	(L)	200m Freestyle	HDW	81-87	(L)	100m Butterfly Age Groups	Finals
59	(M)	100m Backstroke	Heats	88	(M)	100m Backstroke County Champion	Final
60	(L)	50m Butterfly	Heats	89-95	(M)	100m Backstroke Age Groups	Finals
61	(M)	400m Individual Medley	HDW	96	(L)	50m Butterfly County Champion	Final
				97-104	(L)	50m Butterfly Age Groups	Finals
WOLVERHAMPTON – Saturday 28 March							
<b>Session 9 – 9.00am Warm up</b>				<b>Session 11 – 5.00pm Warm-up*</b>			
105	(M)	400m Freestyle	HDW	113	(M)	50m Freestyle County Champion	Final
106	(L)	100m Breaststroke	Heats	114	(L)	12yrs/Under 2L Freestyle	Final
107	(M)	50m Freestyle	Heats	115-122	(M)	50m Freestyle Age Groups	Finals
108	(L)	200m Backstroke	HDW	123	(L)	100m Breaststroke CC s	Final
<b>Session 10 – 1.00pm Warm-up*</b>				124-130	(L)	100m Breaststroke Age Group	Finals
109	(L)	400m Freestyle	HDW	131	(M)	100m Breaststroke CC	Final
110	(M)	100m Breaststroke	Heats	138	(M)	100m Breaststroke Age Groups	Finals
111	(L)	50m Freestyle	Heats	139	(L)	50m Freestyle County Champion	Final
112	(M)	200m Backstroke	HDW	140	(M)	12yrs/Under 2L Freestyle	Final
				141-148	(L)	50m Freestyle Age Groups	Finals
WOLVERHAMPTON – Sunday 29 March							
<b>Session 12 – 9.00am Warm up</b>				<b>Session 14 – 5.00pm Warm-up*</b>			
149	(L)	200m Individual Medley	HDW	157	(L)	50m Breaststroke County Champion	Final
150	(M)	100m Freestyle	Heats	158-165	(L)	50m Breaststroke Age Groups	Finals
151	(L)	50m Breaststroke	Heats	166	(M)	100m Freestyle County Champion	Final
152	(M)	200m Butterfly	HDW	167-173	(M)	100m Freestyle Age Groups	Finals
<b>Session 13 – 1.00pm Warm up*</b>				174	(L)	100m Freestyle County Champion	Final
153	(M)	200m Individual Medley	HDW	175-181	(L)	100m Freestyle Age Groups	Finals
154	(L)	100m Freestyle	Heats	182	(M)	50m Breaststroke County Champion	Final
155	(M)	50m Breaststroke	Heats	183-190	(M)	50m Breaststroke Age Groups	Finals
156	(L)	200m Butterfly	HDW				

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The promoter reserves the right to restrict entries for good gala management.  
\* Warm up times to be confirmed after entries are processed.

**Closing Date: Friday 16 January 2009** All entries must be submitted through your Club Swimming Representative  
Qualifying Times must have been achieved between 16/04/2008 – 16/01/2009

**ALL Ages will be on the LAST DAY of the Championship and Age Groups Competitions - 29/03/2009**