

## ASA South West Region 2011 Swimming Championships

### YOUTH CHAMPIONSHIPS and Open Age Group and Boys 14yrs & Under and Girls 13yrs & Under time trials. Licensed at Level 1. Age as on 19 June (except for National Relays where National date apply).

Incorporating Disability events **all HDW results based on improving entry time or +1 when more than 1 competitor.**  
Individual events - entry fee £7.50 to include spectator admission, relays £13.50 per event.

Saturday 30 April Millfield Warm-up 8.45am Start 10.00am

FINALS

111 Girls 100m Free – HEATS + MD S1-14  
112 Boys 400m Free – HDW + MD S1-14 HDW  
113 Girls 400m IM – HDW + MD SM5-14 HDW\*\*  
114 Boys 100m Back - HEATS + MD S1-14  
114 Girls 100m Breast – HEATS + MD SB1-14  
115 Boys 100m Breast – HEATS + MD SB1-14

131 Boys 15/16 yrs 100m Back Final  
132 Boys 17/OV yrs 100m Back Final  
133 Girls 14/15 yrs 100m Free Final  
134 Girls 16/OV yrs 100m Free Final  
135 Boys 15/16 yrs 100m Breast Final  
136 Boys 17/OV yrs 100m Breast Final  
137 Girls 14/15 yrs 100m Breast Final  
138 Girls 16/OV yrs 100m Breast Final  
139 Boys 15/16 yrs 200m I.M. Final  
140 Boys 17/OV yrs 200m I.M. Final  
141 Girls 14/15 yrs 200m Back Final  
142 Girls 16/OV yrs 200m Back Final  
143 Boys 15/16 yrs 50m Fly Final  
144 Boys 17/OV yrs 50m Fly Final  
145 Girls 14/15 yrs 50m Fly Final  
146 Girls 16/OV yrs 50m Fly Final  
147 Boys 15/16 yrs 100m Free Final  
148 Boys 17/OV yrs 100m free Final

*75 minutes break and 2nd warm-up*

121 Girls 800m Free – HDW  
122 Boys 200m IM – HEATS+ MD SM5-14 HDW  
123 Girls 50m Fly -HEATS + MD S1-14  
124 Boys 50m Fly - HEATS + MD S1-14  
125 Girls 200m Back – HEATS + MD S1-14 HDW\*  
126 Boys 100 Free – HEATS+ MD S1-14  
127 Girls 14-17 yrs 800m Free Team HDW  
128 Boys 15-18 yrs 800m Free Team HDW

*75 minutes break and warm-up*

Sunday 1 May Millfield Warm-up 8.45am Start 10.00am

211 Girls 200m Free – H + MD S1-14 HDW\*  
212 Boys 200m Breast – HEATS + MD SB4-9,11-14 HDW\*  
213 Girls 100m Back – HEATS + MD S1-14  
214 Boys 200m Fly – HEATS + MD S1-14 HDW\*  
215 Girls 100m Fly – HEATS + MD S1-14

231 Girls 14/15 yrs 200m Free Final  
232 Girls 16/OV yrs 200m Free Final  
233 Boys 15/16 yrs 200m Breast Final  
234 Boys 17/OV yrs 200m Breast Final  
235 Girls 14/15 yrs 100m Back Final  
236 Girls 16/OV yrs 100m Back Final  
237 Boys 15/16 yrs 200m Fly Final  
238 Boys 17/OV yrs 200m Fly Final  
239 Girls 14/15 yrs 100m Fly Final  
240 Girls 16/OV yrs 100m Fly Final  
241 Boys 15/16 yrs 200m Free Final  
242 Boys 17/OV yrs 200m Free Final  
243 Girls 14/15 yrs 50m Breast Final  
244 Girls 16/OV yrs 50m Breast Final  
245 Boys 15/16 yrs 50m Back Final  
246 Boys 17/OV yrs 50m Back Final  
247 Girls 14/15 yrs 200m I.M. Final  
248 Girls 16/OV yrs 200m I.M. Final

*75 minutes break and 2nd warm-up*

221 Girls 14- 17 yrs 400m Medley Team HDW  
222 Boys 200 Free – HEATS + MD S1-14 HDW\*  
223 Girls 50m Breast – HEATS + MD SB1-14  
224 Boys 50m Back - HEATS + MD S1-14  
225 Girls 200m IM – HEATS + MD SM5-14 HDW  
226 Boys 15-18 yrs 400m Medley Team HDW

*75 minutes break and warm-up*

Monday 2 May Millfield Warm-up 8.45am Start 10.00am

311 Boys 100m Fly – HEATS + MD S1-14  
312 Girls 200m Breast – HEATS + MD SB4-9,11-14 HDW\*  
313 Boys 200m Back – HEATS+ MD S1-14 HDW\*  
314 Girls 200m Fly – HEATS + MD S1-14 HDW\*  
315 Boys 50m Free – HEATS + MD S1-14  
316 Girls 50m Back – HEATS +MD S1-14

331 Boys 15/16 yrs 100m Fly Final  
332 Boys 17/OV yrs 100m Fly Final  
333 Girls 14/15 yrs 200m Breast Final  
334 Girls 16/OV yrs 200m Breast Final  
335 Boys 15/16 yrs 200m Back Final  
336 Boys 17/OV yrs 200m Back Final  
337 Girls 14/15 yrs 200m Fly Final  
338 Girls 16/OV yrs 200m Fly Final  
33.9 Boys 15/16 yrs 50m Free Final  
340 Boys 17/ov yrs 50m Free Final  
341 1Girls 14/15 yrs 50m Back Final  
342 Girls 16/OV yrs 50m Back Final  
343 Boys 15/16 yrs 50m Breast Final  
344 Boys 17/ov yrs 50m Breast Final  
345 Girls 14/15 yrs 50m Free Final  
346 Girls 16/OV yrs 50m Free Final

*75 minutes break and 2nd warm-up*

321 Boys 1500m Free – HDW  
322 Girls 400m Free – HDW + MD S1-14 HDW  
323 Boys 50m Breast – HEATS+ MD SB1-14  
324 Girls 50m Free – HEATS+ MD S1-14  
325 Boys 400m IM – HDW + MD SM5-14 HDW \*\*  
326 Girls 14-OV yrs 400m Free Team HDW  
327 Boys 15-OV yrs 400m Free Team HDW

*75 minutes break and warm-up*

\* Only for those swimmers who have achieved the qualifying standard for the equivalent 100m event.

\*\* Only for those swimmers who have achieved the qualifying standard for the 200m Ind. Medley

**50m & 100m events pre seeded 200m & above competitors must withdraw before warm-up for that event**

**ASA SOUTH WEST REGION AGE GROUP CHAMPIONSHIPS: Licensed Level 1. Age as on 19 June 2011.**

Entry fee £7.50 per event to include spectator admission, relays £13.50 per event

All days: Warm-up 8.45am start 10.00am.

2nd warm-up after 4<sup>th</sup> event 15 minutes swim down and 30 minutes joint warm-up

**Saturday 11 June – Millfield**

75 minutes break and warm-up

**HEATS**

Boys 400m Freestyle HDW  
Girls 11-13yrs 400m Medley Relay – HDW - For Nationals  
Boys 100m Backstroke  
Girls 100m Freestyle  
Boys 200m Breaststroke  
Girls 200m Backstroke  
Boys 11-14yrs 400m Freestyle Relay – HDW - For Nationals

**FINALS**

Boys 800m Freestyle Relay for Nationals  
Girls 10-11-12-13 100m Freestyle Finals  
Boys 10-11-12-13-14 100m Backstroke Finals  
Girls 10-11-12-13 200m Backstroke Finals  
Boys 10-11-12-13-14 200m Breaststroke Finals

**Sunday 12 June - Millfield**

Girls 200m Butterfly  
Boys 11-14yrs 400m Medley Relay – HDW - For National  
Girls 400m Freestyle HDW  
Boys 200m Butterfly  
Girls 200m Breaststroke  
Boys 100m Freestyle  
Girls 11-13yrs 400m Freestyle Relay – HDW - For Nationals

Girls 800m Freestyle Relay for Nationals  
Boys 10-11-12-13-14 200m Butterfly Finals  
Girls 10-11-12-13 200m Butterfly Finals  
Boys 10-11-12-13-14 100m Freestyle Finals  
Girls 10-11-12-13 200m Breaststroke Finals

**Saturday 18 June - Millfield**

Girls 200m Freestyle  
Boys 200m IM  
Girls 100m Butterfly  
Boys 200m Backstroke  
Girls 200m I.M.  
Boys 200m Freestyle  
Girls 800m Freestyle HDW

Girls 10-11-12-13 200m Freestyle Finals  
Boys 10-11-12-13-14 200m Backstroke Finals  
Girls 10-11-12-13 100m Butterfly Finals  
Boys 10-11-12-13-14 200m Freestyle  
Girls 10-11-12-13 200m I.M. Finals

**Sunday 19 June – Millfield**

Boys 400m IM HDW  
Girls 100m Backstroke  
Boys 100m Breaststroke  
Girls 100m Breaststroke  
Boys 100m Butterfly  
Girls 400m IM HDW  
Boys 1500m Freestyle HDW

Girls 10-11-12-13 100m Backstroke Finals  
Boys 10-11-12-13-14 100m Breaststroke Finals  
Girls 10-11-12-13 100m Breaststroke Finals  
Boys 10-11-12-13-14 100m Butterfly Finals

**ASA SOUTH WEST REGION TEAM EVENTS: Age as on 15 May 2011.**

Short Course (Entry fee £13.50 per team – does **NOT** include spectator admission).

***Clubs may enter more than one team in each event.***

**Sunday 15 May – Millfield.**

Doors 9.45am, warm-up 10.00am, start 11.00am.

Boys 9/10 yrs 200m Freestyle Relay  
Girls 9/10 yrs 200m Freestyle Relay  
Boys 11/12 yrs 200m Freestyle Relay  
Girls 11/12 yrs 200m Freestyle Relay  
Boys 13/14 yrs 200m Medley relay  
Girls 13/14 yrs 200m Medley Relay  
*Boys 15 & over* 200m Medley Relay  
*Girls 15 & over* 200m Medley Relay  
Boys 9/10 yrs 200m Medley Relay  
Girls 9/10 yrs 200m Medley Relay  
Boys 11/12 yrs 200m Medley Relay  
Girls 11/12 yrs 200m Medley Relay  
Boys 13/14 yrs 200m Freestyle Relay  
Girls 13/14 yrs 200m Freestyle Relay  
*Boys 15 & over* 200m Freestyle Relay  
*Girls 15 & over* 200m Freestyle Relay

FINALS IN SAME ORDER –

**ASA SOUTH WEST REGION SPRINT COMPETITION: Licensed Level 3. Age as on 10 July.**

Only open to swimmers who have entered in an ASA SWRegion Age Group, Youth or Championship since October 1<sup>st</sup> 2010 but not for swimmers who have achieved any qualification for a National event. Swimmers will enter and swim all events and results will be decided on GB points gained in all 5 events.

Single band age groups from 10 yrs to 17yrs & over

Entry fee £15.00 to cover all events and spectator admission.

**Sunday 10 July Gloucester.**

Warm-up 10.00am, start 11.00am

30 minutes break and 2nd warm-up for 30 minutes

*Girls* 50m Backstroke HDW  
*Boys* 50m Breaststroke HDW  
*Girls* 50m Freestyle HDW  
*Boys* 50m Butterfly HDW  
*Girls* 100m Ind. Medley HDW

*Boys* 50m Backstroke HDW  
*Girls* 50m Breaststroke HDW  
*Boys* 50m Freestyle HDW  
*Girls* 50m Butterfly HDW  
*Boys* 100m Ind. Medley HDW

Entries close	<i>Youth</i>	<i>April 11</i>
	<i>Relays</i>	<i>April 11</i>
	<i>Age Groups</i>	<i>May 23</i>
	<i>Sprints</i>	<i>June 20</i>
	<i>Championships</i>	<i>October 17</i>

***Changes from last year in italics***