

CHAMPIONSHIPS 2010: Licensed level 1. Age as on 7 November.
Millfield (25m) all events to be signed in before each warm-up

SATURDAY 6 NOVEMBER

SUNDAY 7 NOVEMBER

8.45am Warm-up – 9.15am Start

Male	200m	Ind. Medley	Female	200m	Ind. Medley
Female	200m	Back	Male	200m	Back
Male	200m	Breast	Female	200m	Breast
Female	100m	Breast	Male	100m	Breast
Male	100m	Backstroke	Female	100m	Back
Female	50m	Fly	Male	50m	Fly
Male	50m	Freestyle	Female	50m	Freestyle
Female	400m	Freestyle HDW	Male	400m	Freestyle HDW
Male	100m	Ind. Medley HDW	Female	100m	Ind. Medley HDW

30 minutes break

Male	200m	Freestyle	Female	200m	Freestyle
Female	200m	Fly	Male	200m	Fly
Male	100m	Fly	Female	100m	Fly
Female	100m	Freestyle	Male	100m	Freestyle
Male	50m	Breast	Female	50m	Breast
Female	50m	Back	Male	50m	Back
Male	400m	Ind. Medley HDW	Female	400m	Ind. Medley HDW
Female	800m	Freestyle HDW	Male	800m	Freestyle HDW

Juniors shall be 15 years and under on 7 November 2010.

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. Male 500m Freestyle including presentation of 15 - 18	38. Female 1500m 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. Awards will be made on the plus one rule or swimmer beating SC ranking ET if only one competitor.

TIMINGS FOR BOTH DAYS

8.45 – 9.15 Warm-up in both pools
 9.15 – 11.30 Session 1
 11.30 – 12.00 Break
 12.00 – 1.45 Session 2
 1.45 – 2.15 Warm-up for Non qualifiers and lunch
 2.15 – 4.45 Non qualifiers competition
 4.45 -5.00 Warm-up in competition pool all lanes dive starts. Non competition pool available from 4.00
 5.00 – 6.30 Finals

Non qualifier events: Morning timekeepers' course and team managers' course as part of Young Volunteers Programme

Afternoon: Saturday 4 x 50m on all stroke fastest 8 to compete 4 x 25m IM. Awards for top 3.

Sunday 100m on all stroke award to swimmer making most improvement on entry times which should be on ASA Rankings

Age Groups Girls 14/15 & 16/17. Boys 15/16 & 17/18.

Competition only open to those who have not qualified for an ASA SWR Swimming event in 2010 or the 2009 Short Course Championships.

Entry fees: Saturday £10.00 for all events. Sunday £5.00 for each event entered.

ASA South West Region CHAMPIONSHIPS 2010

Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since January 1 2010.

Male			Female		
		Consideration	EVENTS		Consideration
SC	25.3	26.8	50m Freestyle	28.8	29.3
SC	56.2	<i>57.10</i>	100m Freestyle	1.02.0	<i>1.05.58</i>
SC	<i>2.00.27</i>	<i>2.06.68</i>	200m Freestyle	<i>2.13.71</i>	<i>2.20.94</i>
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	<i>1.02.81</i>	<i>1.07.85</i>	100m Backstroke	<i>1.11.09</i>	<i>1.13.60</i>
SC	<i>2.22.22</i>	<i>2.28.86</i>	200m Backstroke	<i>2.33.08</i>	<i>2.39.53</i>
SC	33.5		50m Breaststroke	36.2	
SC	1.13.7	1.16.6	100m Breaststroke	<i>1.21.57</i>	1.26.6
SC	<i>2.39.9</i>	<i>2.46.4</i>	200m Breaststroke	<i>2.53.7</i>	<i>3.04.4</i>
SC	28.9		50m Butterfly	31.6	
SC	1.03.6	1.06.2	100m Butterfly	1.09.7	1.13.9
SC	<i>2.22.1</i>	<i>2.26.9</i>	200m Butterfly	<i>2.33.5</i>	<i>2.42.6</i>
SC	<i>1.03.26</i>		100m Ind. Medley	<i>1.10.78</i>	
SC	<i>2.21.61</i>	<i>2.26.64</i>	200m Ind. Medley	<i>2.33.51</i>	<i>2.38.46</i>
SC	5.10.5	5.23.1	400m Ind. Medley	5.33.6	5.50.5

New times for 2010 in italics

All entries must be made on short course times, conversions may be made.
800m and 1500m the top 4 Seniors and Juniors on ASA Ranking on 31 August will be invited to swim giving 1 heat for each event.

DISABILITY QUALIFYING TIMES

Male		Female	
50m FREESTYLE		50m FREESTYLE	
S1	2:55.73	S1	1:39.56
S2	1:21.43	S2	1:34.32
S3	1:06.07	S3	1:23.39
S4	57.13	S4	1:21.56
S5	45.26	S5	54.76
S6	41.39	S6	46.80
S7	35.73	S7	48.75
S8	37.85	S8	45.11
S9	35.66	S9	39.15
S10	33.19	S10	38.00
S11	35.26	S11	42.00
S12	32.35	S12	38.10
S13	32.65	S13	37.51
S14	33.49	S14	36.19
100m FREESTYLE		100m FREESTYLE	
S1	6:34.61	S1	3:39.71
S2	2:57.79	S2	3:35.29
S3	2:22.54	S3	3:02.53
S4	2:09.16	S4	2:49.05
S5	1:38.60	S5	1:58.53
S6	1:32.87	S6	1:42.79
S7	1:17.61	S7	1:49.51
S8	1:22.44	S8	1:40.24
S9	1:15.54	S9	1:25.89
S10	1:11.80	S10	1:21.19
S11	1:17.25	S11	1:34.19
S12	1:11.94	S12	1:21.05
S13	1:11.48	S13	1:19.86
S14	1:12.41	S14	1:19.08
200m FREESTYLE		200m FREESTYLE	
S1	9:16.08	S1	7:42.25
S2	6:18.13	S2	11:57.26
S3	5:01.49	S3	6:07.90
S4	5:01.89	S4	6:40.94
S5	3:29.77	S5	4:10.64
400m FREESTYLE		400m FREESTYLE	
S6	7:46.39	S6	7:31.38
S7	6:07.33	S7	8:16.34
S8	6:21.16	S8	7:10.41

S9	5:31.55	S9	6:58.65
S10	5:31.31	S10	6:03.72
S11	6:08.26	S11	7:11.57
S12	5:39.03	S12	6:05.98
S13	5:27.57	S13	6:10.09
S14	5:30.58	S14	6:01.21
50m BUTTERFLY		50m BUTTERFLY	
S1	0:00.00	S1	0:00.00
S2	3:07.34	S2	0:00.00
S3	1:35.70	S3	2:43.10
S4	1:38.18	S4	1:48.18
S5	58.74	S5	1:15.13
S6	43.71	S6	56.55
S7	41.84	S7	57.04
S8	38.95	S8	49.59
S9	37.35	S9	43.96
S10	35.06	S10	44.31
S11	38.31	S11	45.41
S12	35.81	S12	43.57
S13	35.78	S13	39.62
S14	37.13	S14	38.82
100m BUTTERFLY		100m BUTTERFLY	
S8	1:23.95	S8	1:53.22
S9	1:21.08	S9	1:34.36
S10	1:15.24	S10	1:37.74
S11	1:24.87	S11	1:39.95
S12	1:17.56	S12	1:32.78
S13	1:18.61	S13	1:27.38
S14	1:18.41	S14	1:28.20
50m BACKSTROKE		50m BACKSTROKE	
S1	2:48.09	S1	1:42.79
S2	1:20.80	S2	2:00.84
S3	1:17.76	S3	1:22.69
S4	1:07.54	S4	1:21.51
S5	52.50	S5	1:11.90
S6	50.04	S6	58.29
S7	44.64	S7	1:03.44
S8	50.23	S8	47.89
S9	39.49	S9	46.99
S10	39.81	S10	45.51
S11	0:00.00	S11	50.99
S12	41.66	S12	49.12
S13	41.35	S13	45.68
S14	40.76	S14	42.59

100m BACKSTROKE		100m BACKSTROKE	
S6	1:44.60	S6	1:50.81
S7	1:48.01	S7	2:08.41
S8	1:42.44	S8	1:40.31
S9	1:27.73	S9	1:39.10
S10	1:22.16	S10	1:33.78
S11	1:35.06	S11	1:49.80
S12	1:24.11	S12	1:38.74
S13	1:29.55	S13	1:34.23
S14	1:27.82	S14	1:29.04
50m BREAST		50m BREAST	
SB1	3:31.96	SB1	3:06.75
SB2	1:20.00	SB2	1:34.00
SB3	1:17.00	SB3	1:10.31
SB4	1:27.33	SB4	1:21.41
SB5	57.62	SB5	1:05.06
SB6	53.58	SB6	1:04.60
SB7	48.69	SB7	1:02.14
SB8	47.11	SB8	57.04
SB9	43.99	SB9	50.68
SB11	0:00.00	SB11	52.91
SB12	43.28	SB12	53.25
SB13	44.28	SB13	50.85
SB14	43.85	SB14	47.81
100m BREAST		100m BREAST	
SB6	1:59.04	SB6	2:24.76
SB7	1:43.90	SB7	2:24.06
SB8	1:37.50	SB8	1:56.69
SB9	1:36.24	SB9	1:47.43
SB11	1:46.00	SB11	1:52.09
SB12	1:32.97	SB12	1:54.80
SB13	1:31.56	SB13	1:49.65
SB14	1:34.07	SB14	1:41.95
200m IND. MEDLEY		200m IND. MEDLEY	
SM5	4:30.66	SM5	7:40.87
SM6	3:57.00	SM6	4:11.43
SM7	3:56.72	SM7	4:30.29
SM8	3:19.45	SM8	4:06.46
SM9	2:58.59	SM9	3:31.18
SM10	3:04.12	SM10	3:17.98
SM11	3:11.59	SM11	3:45.70
SM12	2:59.80	SM12	3:25.12
SM13	3:01.89	SM13	3:19.14
SM14	3:00.95	SM14	3:15.36

