

SOUTH EAST WALES REGION SHORT COURSE (25m) CHAMPIONSHIPS

(under SWIM WALES (Welsh A.S.A.) Laws)

10th/11th and 17th/18th FEBRUARY 2007

PROGRAMME OF EVENTS

Session times are subject to amendment

Warm up will start approximately 45 minutes prior to the start of each session.

Day 1		Day 2		Day 3		Day 4	
Saturday 10 th February		Sunday 11 th February		Saturday 17 th February		Sunday 18 th February	
Session 1 Heats 8.15 w/u		Session 4 Heats 8.15 w/u		Session 7 Heats 8.15 w/u		Session 10 Heats 8.15am w/u	
B	11/u -13yrs 200m Backstroke	B	11/u -13yrs 200m Breaststroke	B	14/over 200m Breaststroke	B	14/over 200m Butterfly
G	10/u -12yrs 200m Backstroke	G	10/u - 12yrs 200m Breaststroke	G	13/over 200m Breaststroke	G	13/over 200m Butterfly
B	14/over 200m Freestyle	B	14/over 200m Backstroke	B	11/u -13yrs 200m Butterfly	B	11/u -13yrs 200m Freestyle
G	13/over 200m Freestyle	G	13/over 200m Backstroke	G	10/u -12yrs 200m Butterfly	G	10/u - 12yrs 200m Freestyle
B	11/u -13yrs 200m Individual Medley	G	10/u - 12yrs 200m Individual Medley	B	14/over 200m Individual Medley	G	13/over 200m Individual Medley
B	14/over 100m Breaststroke	B	14/over 100m Butterfly	B	11/u -13yrs 100m Backstroke	B	11/u - 13yrs 100m Breaststroke
G	13/over 100m Breaststroke	G	13/over 100m Butterfly	G	10/u -12yrs 100m Backstroke	G	10/u - 12yrs 100m Breaststroke
B	11/u -13yrs 100m Butterfly	B	11/u -13yrs 100m Freestyle	B	14/over 100m Freestyle	B	14/over 100m Backstroke
G	10/u -12yrs 100m Butterfly	G	10/u -12yrs 100m Freestyle	G	13/over 100m Freestyle	G	13/over 100m Backstroke
Session 2 (HDW) TBA		Session 5 (HDW) TBA		Session 8 (HDW) TBA		Session 11 (HDW) TBA	
B	14/15, 16/17, 18/over 400m Freestyle	B	11/u & over 1500m Freestyle	B	11/u & 12/13yrs 400m Freestyle	G	10/u & over 1500m Freestyle
G	13/14, 15/16, 17/over 400m Freestyle	G	10/u & over 800m Freestyle	G	10/u & 11/12yrs 400m Freestyle	B	11/u & over 800m Freestyle
B	11/u & 12/13yrs 400m Individual Medley	B	Relays (HDW) 15/16 & 17/over 4 x 200m Freestyle	B	14/15, 16/17, 18/over 400m Individual Medley	B	Relays (HDW) 15/16 & 17/over 4 x 100m Medley
G	10/u & 11/12yrs 400m Individual Medley	G	14/15 & 16/over 4 x 200m Freestyle	G	13/14, 15/16, 17/over 400m Individual Medley	G	14/15 & 16/over 4 x 100m Medley
Relays (HDW)		Session 1 TBA		Relays (HDW)		Session 2 TBA	
G	11/u & 12/13yrs 4 x 100m Freestyle		AQUATIC	G	11/u & 12/13yrs 4 x 100m Medley		AQUATIC
B	12/u & 13/14yrs 4 x 100m Freestyle		PENTATHLON	B	12/u & 13/14yrs 4 x 100m Medley		PENTATHLON
Session 3 Finals TBA		Session 6 Finals TBA		Session 9 Finals TBA		Session 12 Finals TBA	
B	11/u, 12 /13yrs 200m Backstroke	B	11/u, 12/13yrs 200m Breaststroke	B	14/15, 16/17, 18/over 200m Breaststroke	B	14/15, 16/17,18/over 200m Butterfly
G	10/u, 11/ 12yrs 200m Backstroke	G	10/u, 11/12yrs 200m Breaststroke	G	13/14, 15/16, 17/over 200m Breaststroke	G	13/14, 15/16, 17/over 200m Butterfly
B	14/15, 16/17, 18/over 200m Freestyle	B	14/15, 16/17, 18/over 200m Backstroke	B	11/u, 12/13yrs 200m Butterfly	B	11/u, 12/13yrs 200m Freestyle
G	13/14, 15/16, 17/over 200m Freestyle	G	13/14, 15/16, 17/over 200 Backstroke	G	10/u, 11/12yrs 200m Butterfly	G	10/u, 11/12yrs 200m Freestyle
B	11/u, 12/13yrs 200m Individual Medley	G	10/u, 11/12yrs 200m Individual Medley	B	14/15, 16/17, 18/over 200m Individual Medley	G	13/14, 15/16, 17/over 200m Individual Medley
B	14/15, 16/17, 18/over 100m Breaststroke	B	14/15, 16/17, 18/over 100m Butterfly	B	11/u, 12/13yrs 100m Backstroke	B	11/u, 12/13yrs 100m Breaststroke
G	13/14, 15/16, 17/over 100m Breaststroke	G	13/14, 15/16, 17/over 100m Butterfly	G	10/u, 11/12yrs 100 Backstroke	G	10/u, 11/12yrs 100m Breaststroke
B	11/u, 12/13yrs 100m Butterfly	B	11/u, 12/13yrs 100m Freestyle	B	14/ 15, 16/ 17, 18/over 100m Freestyle	B	14/15, 16/17, 18/over 100m Backstroke
G	10/u, 11/12yrs 100m Butterfly	G	10/u, 11/12yrs 100m Freestyle	G	13/14, 15/16, 17/over 100m Freestyle	G	13/14, 15/16, 17/over 100m Backstroke

