

SOUTH EAST WALES REGION SHORT COURSE (25m) CHAMPIONSHIPS

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

8th 9th 10th and 15th 16th 1evth FEBRUARY 2008

REVISED PROGRAMME OF EVENTS

Day 1				Day 4			
Friday 8 th February				Friday 15 th February			
Session 1 - 6.00pm w/u 630pm start				Session 7 - 6.00pm w/u 630pm start			
B	Open 800m Freestyle 8-11 12/13 14/15 16/17 18ov			G	Open 800m Freestyle 8-10 11/12 13/14 15/16 17ov		
G	Open 1500m Freestyle 8-10 11/12 13/14 15/16 17ov			B	Open 1500m Freestyle 8-11 12/13 14/15 16/17 18ov		
Sessions below will start approximately 45 minutes after the start of warm up Session times are subject to confirmation							
Day 2		Day 3		Day 5		Day 6	
Saturday 9 th February		Sunday 10 th February		Saturday 16 th February		Sunday 17 th February	
Session 2 Heats 8.15 w/u		Session 5 Heats 8.15 w/u		Session 8 Heats 8.15 w/u		Session 11 Heats 8.15am w/u	
B	8 - 13yrs 200m Backstroke	B	8 - 13yrs 200m Breaststroke	B	14/over 200m Breaststroke	B	14/over 200m Butterfly
G	8 - 12yrs 200m Backstroke	G	8 - 12yrs 200m Breaststroke	G	13/over 200m Breaststroke	G	13/over 200m Butterfly
B	14/over 200m Freestyle	B	14/over 200m Backstroke	B	8 - 13yrs 200m Butterfly	B	8 - 13yrs 200m Freestyle
G	13/over 200m Freestyle	G	13/over 200m Backstroke	G	8 - 12yrs 200m Butterfly	G	8 - 12yrs 200m Freestyle
B	8 - 13yrs 200m Individual Medley	G	8 - 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	8 - 13yrs 100m Backstroke	B	8 - 13yrs 100m Breaststroke
G	13/over 100m Breaststroke	G	13/over 100m Butterfly	G	8 - 12yrs 100m Backstroke	G	8 - 12yrs 100m Breaststroke
B	8 - 13yrs 100m Butterfly	B	8 - 13yrs 100m Freestyle	B	14/over 100m Freestyle	B	14/over 100m Backstroke
G	8 - 12yrs 100m Butterfly	G	8 - 12yrs 100m Freestyle	G	13/over 100m Freestyle	G	13/over 100m Backstroke
Session 3 (HDW) TBA		Session 1 AQUATIC PENTATHLON		Session 9 (HDW) TBA		Session 2 AQUATIC PENTATHLON	
B	14/15, 16/17, 18/over 400m Freestyle	G	9yrs 50m Backstroke	B	8 - 11 & 12/13yrs 400m Freestyle	G	7-8yrs 25m Backstroke
G	13/14, 15/16, 17/over 400m Freestyle	B	10yrs 50m Backstroke	G	8 - 10 & 11/12yrs 400m Freestyle	B	7-9yrs 25m Backstroke
B	8 - 11 & 12/13yrs 400m Individual Medley	G	7-8yrs 25m Frontcrawl	B	14/15, 16/17, 18/over 400m Individual Medley	G	9 yrs 50m Frontcrawl
G	8 - 10 & 11/12yrs 400m Individual Medley	B	7-9yrs 25m Frontcrawl	G	13/14, 15/16, 17/over 400m Individual Medley	B	10yrs 50m Frontcrawl
B	8 - 11 & 12/13yrs 400m Individual Medley	G	9 yrs 50m Breaststroke	B	14/15, 16/17, 18/over 400m Individual Medley	G	7-8yrs 25m Breaststroke
G	8 - 10 & 11/12yrs 400m Individual Medley	B	10yrs 50m Breaststroke	G	13/14, 15/16, 17/over 400m Individual Medley	B	7-9yrs 25m Breaststroke
B	8 - 11 & 12/13yrs 400m Individual Medley	G	7-8yrs 25m Butterfly	B	14/15, 16/17, 18/over 400m Individual Medley	G	9 yrs 50m Butterfly
G	8 - 10 & 11/12yrs 400m Individual Medley	B	7-9yrs 25m Butterfly	G	13/14, 15/16, 17/over 400m Individual Medley	B	10 yrs 50m Butterfly
Relays (HDW)		G <th colspan="2" style="text-align: center;">Relays (HDW)</th> <th colspan="2" style="text-align: center;">G </th>		Relays (HDW)		G	
B	8 - 11 & 12/13yrs 4 x 100m Freestyle	B	9yrs 200m I.M.	B	8 - 11 & 12/13yrs 4 x 100m Medley	B	7-8yrs 100m I.M.
G	8 - 12 & 13/14yrs 4 x 100m Freestyle	B	10yrs 200m I.M.	G	8 - 12 & 13/14yrs 4 x 100m Medley	B	7-9yrs 100m I.M.
		<i>TO BE DECIDED</i>				<i>TO BE DECIDED</i>	
		<i>Depending on entries above</i>				<i>Depending on entries above</i>	
		<i>Break</i>				<i>Break</i>	
G	14/15 & 16/over 4 x 200m Freestyle	G	7-8yrs 100m Free Relay	G	14/15 & 16/over 4 x 200m Medley	G	9 yrs 100m Medley Relay
B	15/16 & 17/over 4 x 200m Freestyle	B	7-9yrs 100m Free Relay	B	15/16 & 17/over 4 x 200m Medley	B	10yrs 100m Medley Relay
G	15/16 & 17/over 4 x 200m Freestyle	G	9 yrs 100m Free Relay	G	15/16 & 17/over 4 x 200m Medley	G	7-8yrs 100m Medley Relay
B	15/16 & 17/over 4 x 200m Freestyle	B	10yrs 100m Free Relay	B	15/16 & 17/over 4 x 200m Medley	B	7-9yrs 100m Medley Relay
Session 4 Finals TBA		Session 6 Finals TBA		Session 10 Finals TBA		Session 12 Finals TBA	
B	8 - 11, 12/13yrs 200m Backstroke	B	8 - 11, 12/13yrs 200m Breaststroke	B	14/15, 16/17, 18/over 200m Breaststroke	B	14/15, 16/17, 18/over 200m Butterfly
G	8 - 10, 11/ 12yrs 200m Backstroke	G	8 - 10, 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	8 - 11, 12/13yrs 200m Butterfly	B	8 - 11, 12/13yrs 200m Freestyle
G	13/14, 15/16, 17/over 200m Freestyle	G	13/14, 15/16, 17/over 200 Backstroke	G	8 - 10, 11/12yrs 200m Butterfly	G	8 - 10, 11/12yrs 200m Freestyle
B	8 - 11, 12/13yrs 200m Individual Medley	G	8 - 10, 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	8 - 11, 12/13yrs 100m Backstroke	B	8 - 11, 12/13yrs 100m Breaststroke
G	13/14, 15/16, 17/over 100m Breaststroke	G	13/14, 15/16, 17/over 100m Butterfly	G	8 - 10, 11/12yrs 100 Backstroke	G	8 - 10, 11/12yrs 100m Breaststroke
B	8 - 11, 12/13yrs 100m Butterfly	B	8 - 11, 12/13yrs 100m Freestyle	B	14/ 15, 16/ 17, 18/over 100m Freestyle	B	14/15, 16/17, 18/over 100m Backstroke
G	8 - 11, 11/12yrs 100m Butterfly	G	8 - 10, 11/12yrs 100m Freestyle	G	13/14, 15/16, 17/over 100m Freestyle	G	13/14, 15/16, 17/over 100m Backstroke

