

ASA South East Region

Age Group Championships Programme 2009

Saturday 30th May	Sunday 31st May	Saturday 13th June	Sunday 14th June
Session One Warm-Up: 9:15am	Session Four Warm-Up: 8:15am	Session Seven Warm-Up: 9:15am	Session Ten Warm-Up: 8:15am
Girls 10/13yrs 200m Ind. Medley Boys 10/11yrs 100m Freestyle HDW Boys 12/14yrs 100m Freestyle HDW Girls 10yrs 100m Butterfly HDW Girls 11/13yrs 100m Butterfly HDW Boys 10/14yrs 200m Backstroke HDW Girls 10/13yrs 200 Ind Medley FINAL	Boys 10/14yrs 200m Ind Medley Girls 10yrs 100m Freestyle HDW Girls 11/13yrs 100m Freestyle HDW Boys 10/11yrs 100m Butterfly HDW Boys 12/14yrs 100m Butterfly HDW Girls 10/13yrs 200m Backstroke HDW Boys 10/14yrs 200 Ind. Medley FINAL	Mixed 1500m Freestyle [Girls 11/12/13yrs, Boys 12/13/14yrs]	Mixed 800m Freestyle [Girls 11/12/13yrs, Boys 12/13/14yrs]
Session Two Warm-Up: (tbc)	Session Five Warm-Up: (tbc)	Session Eight Warm-Up: (tbc)	Session Eleven Warm-Up: (tbc)
Girls 11/13yrs 4x100m Medley Team HDW Boys 11/14yrs 4x100m Freestyle Team HDW	Boys 11/14 4x200m Freestyle team HDW Girls 11/13 yrs 4x200m Freestyle team HDW	Boys 11/14yrs 4x100m Medley Team HDW Girls 11/13yrs 4x100m Freestyle Team HDW	Girls 10/13yrs 200m Freestyle Boys 10/11yrs 100m Breaststroke HDW Boys 12/14yrs 100m Breaststroke HDW Girls 10/13yrs 200m Breaststroke HDW Boys 10/14yrs 200m Butterfly HDW Girls 10/13yrs 200m Freestyle FINAL
Session Three Warm-Up: (tbc)	Session Six Warm-Up: (tbc)	Session Nine Warm-Up: (tbc)	
Girls 10/13yrs 400m Freestyle HDW Boys 10/14yrs 400m Ind Medley HDW Girls 10yrs 100m Backstroke HDW Girls 11/13yrs 100m Backstroke HDW	Boys 10/14yrs 400m Freestyle HDW Girls 10/13yrs 400m Ind Medley HDW Boys 10/11yrs 100m Backstroke HDW Boys 12/14yrs 100m Backstroke HDW	Boys 10/14yrs 200m Freestyle Girls 10yrs 100m Breaststroke HDW Girls 11/13yrs 100m Breaststroke HDW Boys 10/14yrs 200m Breaststroke HDW Girls 10/13yrs 200m Butterfly HDW Boys 10/14yrs 200m Freestyle FINAL	

Session times will be confirmed once all entries have been received.

Age qualifying date: 14th June 2009 (individuals), 26th July 2009 (teams)

Closing date for entries: Wednesday 13th May 2009

Entry Fees: Individual Events £5, Team Events £10