

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2009
Under ASA Laws and Technical Rules of Swimming
Licensed by the ASA for entry into National Competitions and Championships
Aldershot Garrison Pool (25m Pool)
7th and 8th November 2009

Event Manager: Mrs Lis Hartley 29 Lyndhurst Close, Southgate, CRAWLEY, West Sussex RH11 8AP
Entries Secretary: Mrs Eileen Adams, 2 Glynswood, Chalfont St. Peter, Bucks SL9 0DP

SATURDAY, 7th November 2009

Session ONE	Warm-up: 8:15am Start: 9am		Session TWO	Warm-up: tba Start: tba	
Mens	100m Freestyle		Mens	200m Butterfly	
Womens	200m Freestyle		Womens	200m Ind Medley	
Mens	50m Breaststroke		Mens	400m Freestyle	HDW
Womens	100m Breaststroke		Womens	50m Freestyle	
Mens	400m Ind Medley	HDW	Mens	200m Breaststroke	
Mens	150m Ind Medley (Disability event)		Mixed	800m Freestyle	HDW
Womens	100m Butterfly		Mens	50m Butterfly	
Mens	100m Backstroke		Womens	200m Backstroke	
Womens	50m Backstroke		Mens	200m Butterfly	Final
Mens	100m Ind Medley		Womens	200m Ind Medley	Final
Womens	200m Freestyle	Final	Mens	50m Butterfly	Final
Mens	100m Freestyle	Final	Womens	50m Freestyle	Final
Womens	100m Breaststroke	Final	Mens	200m Breaststroke	Final
Mens	50m Breaststroke	Final	Womens	200m Backstroke	Final
Womens	100m Butterfly	Final			
Mens	150m Disability Ind Med	Final			
Mens	100m Backstroke	Final			
Womens	50m Backstroke	Final			
Mens	100m Ind Medley	Final			

Warm-up for relay swimmers

Mens	4x100m Freestyle Team	HDW
Womens	4x100m Medley Team	HDW

SUNDAY, 8th November 2009

Session THREE	Warm-up 8:15am Start: 9am		Session FOUR	Warm-up: tba Start: tba	
Womens	100m Freestyle		Womens	200m Butterfly	
Mens	200m Freestyle		Mens	200m Ind Medley	
Womens	50m Breaststroke		Womens	400m Freestyle	HDW
Mens	100m Breaststroke		Mens	50m Freestyle	
Womens	400m Ind Medley	HDW	Womens	200m Breaststroke	
Mixed	150m Ind Medley (Disability event)		Mixed	1500m Freestyle	HDW
Mens	100m Butterfly		Womens	50m Butterfly	
Womens	100m Backstroke		Mens	200m Backstroke	
Mens	50m Backstroke		Womens	200m Butterfly	Final
Womens	100m Ind Medley		Mens	200m Ind Medley	Final
Mens	200m Freestyle	Final	Womens	50m Butterfly	Final
Womens	100m Freestyle	Final	Mens	50m Freestyle	Final
Mens	100m Breaststroke	Final	Womens	200m Breaststroke	Final
Womens	50m Breaststroke	Final	Mens	200m Backstroke	Final
Mens	100m Butterfly	Final			
Womens	150m Disability Ind Med	Final			
Womens	100m Backstroke	Final			
Mens	50m Backstroke	Final			
Womens	100m Ind Medley	Final			

Warm-up for relay swimmers

Mens	4x100m Medley Team	HDW
Womens	4x100m Freestyle Team	HDW