



British Gas ASA East Region Youth Championships(50m) 2010

(Under ASA Laws & ASA Technical Rules)

**University of East Anglia Pool – Norwich
Saturday 1st & Sunday 2nd May 2010**

(Licensed Meet No. ERX011)



Schedule of Events

SESSION ONE

Saturday 1st May

Warm-Up 08:30 Start 09:30

101	Men	400m	Freestyle (TF)
102	Women	200m	Freestyle
103	Men	50m	Breaststroke
104	Women	50m	Backstroke
105	Men	200m	Breaststroke
106	Women	100m	Butterfly
107	Men	100m	Backstroke
108	Women	100m	Breaststroke
109	Men	200m	Butterfly
110	Women	200m	Individual Medley
111	Men	100m	Freestyle
112	Women	50m	Freestyle
113	Men	50m	Butterfly
114	Women	200m	Backstroke
115	Men	400m	Individual Medley (TF)
116	Women	400m	MedleyTeam (TF)

Swim Down/Warm Up

117 Mixed 800m Freestyle (TF)

SESSION TWO

Saturday 1st May

Start TBA

201
|
226
Finals of above

Swim Down/Warm Up

227 Men 800m FreeTeam (TF)
228 Women 400m FreeTeam (TF)

SESSION THREE

Sunday 2nd May

Warm-Up 08:30 Start 09:30

301	Women	400m	Freestyle (TF)
302	Men	200m	Freestyle
303	Women	50m	Breaststroke
304	Men	50m	Backstroke
305	Women	200m	Breaststroke
306	Men	100m	Butterfly
307	Women	100m	Backstroke
308	Men	100m	Breaststroke
309	Women	200m	Butterfly
310	Men	200m	Individual Medley
311	Women	100m	Freestyle
312	Men	50m	Freestyle
313	Women	50m	Butterfly
314	Men	200m	Backstroke
315	Women	400m	Individual Medley (TF)
316	Men	400m	MedleyTeam (TF)

Swim Down/Warm Up

317 Mixed 1500m Freestyle (TF)

SESSION FOUR

Sunday 2nd May

Start TBA

401
|
426
Finals of above

Swim Down/Warm Up

427 Women 800m FreeTeam (TF)
428 Men 400m FreeTeam (TF)

(TF) Timed Finals