SUSSEX COUNTY ASA CHAMPIONSHIPS.
PROGRAMME OF EVENTS 2012

Sunday 5th February

Session 1 - 50m Pool

WARM UP 3.00pm

101	HDW	Girls 11/Over 800m F/s
102	HDW	Boys 12/Over 1500m F/s

Saturday 25th February

Session 2

8.20am. 20 MINUTE WARM UP start 8.45

201	HDW	Boys 10/Over 400 Individual Medley
WARM UP TBA		
202	Heats	Boys Open 4x100 Medley relay
203	Heats	Girls 9/Over 50 Breaststroke
204	Heats	Boys 9/Over 50 Backstroke
205	Heats	Girls 9/Over 200 Freestyle
FINALISTS 10 MINUTE WARM UP +25 MIN SESSION		
206	Finals	Boys open 50 Back Championship
207		Boys 11 Yrs 50 Back
208		Boys 10 Yrs 50 Back
209		Boys 9 Yrs 50 Back
210		Girls Open 50 Breast Championship
211		Girls 10 Yrs 50 Breast
212		Girls 9 Yrs50 Breast
213		Boys Open 4x100 Medley relay Championship
214		Girls Open 200 F/s Championship

Session 3

WARM UP TBA

301	Heats	Boys 16/Under (Junior) 4x50 F/s relay
302	Heats	Girls 11/Over 100 Breaststroke
303	HDW	Boys 9/Over 200 Backstroke
304	Heats	Girls 11/Over 100 Freestyle
305	Heats	Boys 9/Over 100 Individual Medley
FINALISTS 10 MINUTE WARM UP + 40 Min Session		
306	Finals	Girls Open 100 Breast Championship
307		Girls 11 Yrs 100 Breast
308		Girls 12 Yrs 100 Breast
309		Girls 13 Yrs 100 Breast
310		Girls 14 Yrs 100 Breast
311		Boys Open 100 IM Championship
312		Boys 9 Yrs 100 IM
313		Boys 10 Yrs 100 IM
314		Boys 11 Yrs 100 IM
315		Girls Open 100 F/s Championship
316		Girls 11 Yrs 100 F/s
317		Girls 12 Yrs 100 F/s
318		Girls 13 Yrs 100 F/s
319		Girls 14 Yrs 100 F/s
320		Boys Junior Championship 4x50 F/s relay

Sunday 26th February

Session 4

8.20am. 20 MINUTE WARM UP start 8.45

401	HDW	Girls 10/Over 400 Freestyle
WARM UP TBA		
402	Heats	Girls Open 4x100 Freestyle relay
403	Heats	Boys 9/Over 50 Freestyle
404	Heats	Girls 9/Over 50 Butterfly
405	Heats	Boys 9/Over 200 Individual Medley
FINALISTS 10 MINUTE WARM UP +25 MIN SESSION		
406	Finals	Girls open 50 Fly Championship
407		Girls 10 Yrs 50 Fly
408		Girls 9 Yrs 50 Fly
409		Boys Open 50 F/s Championship
410		Boys 11 Yrs 50 F/s
411		Boys 10 Yrs 50 F/s
412		Boys 9 Yrs 50 F/s
413		Girls Open 4x100 F/s relay Championship
414		Boys Open 200 IM Championship

Session 5

WARM UP TBA

501	HDW	Girls 9 years 4 x 25m Medley relay
502	HDW	Boys 9 years 4 x 25m Freestyle relay
503	HDW	Girls 9/Over 200 Breaststroke
504	Heats	Boys 12/Over 100 Butterfly
505	Heats	Girls 11/Over 100 Backstroke
506	Heats	Boys 16/Under (Junior) 4x50 Medley relay
507	HDW	Girls 9/Over 200 Butterly
FINALISTS 10 MINUTE WARM UP 30 Min Session		
508	Finals	Boys Open 100 Fly Championship
509		Boys 12 Yrs 100 Fly
510		Boys 13 Yrs 100 Fly
511		Boys 14 Yrs 100 Fly
512		Boys 15 Yrs 100 Fly
513		Girls Open100 Back Championship
514		Girls 11 Yrs 100 back
515		Girls 12 Yrs 100 back
516		Girls 13 Yrs 100 back
517		Girls 14 Yrs 100 back
518		Boys Junior Championship 4x50 Medley relay

Saturday 17th March

Session 6

8.20am. 20 MINUTE WARM UP start 8.45

601	HDW	Girls 10/Over 400 Individual Medley
WARM UP TBA		
602	Heats	Girls Open 4x100 Medley relay
603	Heats	Boys 9/Over 50 Breaststroke
604	Heats	Girls 9/Over 50 Backstroke
605	Heats	Boys 9/Over 200 Freestyle
FINALISTS 10 MINUTE WARM UP +25 MIN SESSION		
606	Finals	Girls open 50 Back Championship
607		Girls 10 Yrs 50 Back
608		Girls 9 Yrs 50 Back
609		Boys open 50 Breast Championship
610		Boys 11 Yrs 50 Breast
611		Boys 10 Yrs 50 Breast
612		Boys 9 Yrs 50 Breast
613		Girls Open 4x100 Medley relay
614		Boys Open 200 F/s Championship

Session 7

WARM UP TBA

701	Heats	Girls 16/Under (Junior) 4x50 F/s relay
702	Heats	Boys 12/Over 100 Breaststroke
703	HDW	Girls 9/Over 200 Backstroke
704	Heats	Boys 12/Over 100 Freestyle
705	Heats	Girls 9/Over 100 Individual Medley
FINALISTS 10 MINUTE WARM UP + 40 Min Session		
706	Finals	Boys Open 100 Breast Championship
707		Boys 12 Yrs 100 Breast
708		Boys 13 Yrs 100 Breast
709		Boys 14 Yrs 100 Breast
710		Boys 15 Yrs 100 Breast
711		Girls Open 100 IM Championship
712		Girls 9 Yrs 100 IM
713		Girls 10 Yrs 100 IM
714		Boys open 100 Freestyle Championship
715		Boys 12 Yrs 100 Freestyle
716		Boys 13 Yrs 100 Freestyle
717		Boys 14 Yrs 100 Freestyle
718		Boys 15 Yrs 100 Freestyle
719		Girls Junior Championship 4x50 F/s relay

Sunday 18th March

Session 8

8.20am. 20 MINUTE WARM UP start 8.45

801	HDW	Boys 10/Over 400 Freestyle
WARM UP TBA		
802	Heats	Boys Open 4x100 Freestyle Relay
803	Heats	Girls 9/Over 50 Freestyle
804	Heats	Boys 9/Over 50 Butterfly
805	Heats	Girls 9/Over 200 Individual Medley
FINALISTS 10 MINUTE WARM UP +25 MIN SESSION		
806	Finals	Boys Open 50 Fly Championship
807		Boys 9 Yrs 50 Fly
808		Boys 10 Yrs 50 Fly
809		Boys 11 Yrs 50 Fly
810		Girls Open 50 F/s Championship
811		Girls 9 Yrs 50 F/s
812		Girls 10 Yrs 50 F/s
813		Boys Open 4x100 F/s relay Championship
814		Girls Open 200IM Championship

Session 9

WARM UP TBA

901	HDW	Boys 9 years 4 x 25m medley relay
902	HDW	Girls 9 years 4 x 25m freestyle relay
903	HDW	Boys 9/Over 200 Breaststroke
904	Heats	Girls 11/Over 100 Butterly
905	Heats	Boys 12/Over 100 Backstroke
906	Heats	Girls 16/Under (Junior) 4x50 Medley relay
907	HDW	Boys 9/Over 200 Butterfly
FINALISTS 10 MINUTE WARM UP 30 Min Session		
908	Finals	Girls open 100 Fly Championship
909		Girls 11 Yrs 100 Fly
910		Girls 12 Yrs 100 Fly
911		Girls 13 Yrs 100 Fly
912		Girls 14 Yrs 100 Fly
913		Boys open 100 Back Championship
914		Boys 12 Yrs 100 Back
915		Boys 13 Yrs 100 Back
916		Boys 14 Yrs 100 Back
917		Boys 15 Yrs 100 Back
918		Girls Junior Championship 4x50 Medley relay