



**WORCESTER COUNTY SWIMMING ASSOCIATION COUNTY CHAMPIONSHIPS 2010 Updated**

HEREFORD – Saturday 6 <sup>th</sup> February				HEREFORD – Sunday 21 <sup>st</sup> February			
<b>Session 1 - 10.00am Warm-up</b>				<b>Session 2 - 10.00am Warm-up</b>			
1	(M/L)	800m Freestyle	HDW	2	(M/L)	1500m Freestyle	HDW
<b>Worcester (tbc) – Saturday 13 March</b>							
<b>Session 3 – 9.00am Warm up</b>				<b>Session 5 – 4.00pm Warm up*</b>			
3	(M)	100m Individual Medley	Heats	11	(M)	100m IM County Championship	Final
4	(L)	200m Breaststroke	HDW	12-19	(M)	100m IM Age Groups	Finals
5	(M)	100m Butterfly	Heats	20	(L)	50m Backstroke County Championship	Final
6	(L)	50m Backstroke	Heats	21-28	(L)	50m Backstroke Age Groups	Finals
<b>Session 4 – 12.00pm Warm up*</b>				29 (M) 100m Butterfly County Championship Final			
7	(M)	200m Freestyle	HDW	30-36	(M)	100m Butterfly Age Groups	Finals
8	(L)	100m Butterfly	Heats	37	(L)	100m Butterfly County Championship	Final
9	(M)	50m Backstroke	Heats	38-44	(L)	100m Butterfly Age Groups	Finals
10	(L)	400m Individual Medley	HDW	45	(M)	50m Backstroke County Championship	Final
				46-53 (M) 50m Backstroke Age Groups Finals			
<b>Worcester (tbc) – Sunday 14 March</b>							
<b>Session 6 – 9.00am Warm up</b>				<b>Session 8 – 4.00pm Warm up*</b>			
54	(L)	100m Individual Medley	Heats	62	(L)	100m IM County Championship	Final
55	(M)	200m Breaststroke	HDW	63-70	(L)	100m IM Age Groups	Finals
56	(L)	100m Backstroke	Heats	71	(M)	50m Butterfly County Championship	Final
57	(M)	50m Butterfly	Heats	72-79	(M)	50m Butterfly Age Groups	Finals
<b>Session 7 – 12.00pm Warm up*</b>				80 (L) 100m Backstroke County Championship Final			
58	(L)	200m Freestyle	HDW	81-87	(L)	100m Backstroke Age Groups	Finals
59	(M)	100m Backstroke	Heats	88	(M)	100m Backstroke County Championship	Final
60	(L)	50m Butterfly	Heats	89-95	(M)	100m Backstroke Age Groups	Finals
61	(M)	400m Individual Medley	HDW	96	(L)	50m Butterfly County Championship	Final
				97-104 (L) 50m Butterfly Age Groups Finals			
<b>Wolverhampton – Saturday 27 March</b>							
<b>Session 9 – 9.00am Warm up</b>				<b>Session 11 – 4.00pm Warm-up*</b>			
105	(M)	400m Freestyle	HDW	113	(M)	50m Freestyle County Championship	Final
106	(L)	100m Breaststroke	Heats	114-121	(M)	50m Freestyle Age Groups	Finals
107	(M)	50m Freestyle	Heats	122	(L)	100m Breaststroke County Championship	Final
108	(L)	200m Backstroke	HDW	123-129	(L)	100m Breaststroke Age Group	Finals
<b>Session 10 – 12.00pm Warm-up*</b>				131 (M) 100m Breaststroke County Championship Final			
109	(L)	400m Freestyle	HDW	132-138	(M)	100m Breaststroke Age Groups	Finals
110	(M)	100m Breaststroke	Heats	139	(L)	50m Freestyle County Championship	Final
111	(L)	50m Freestyle	Heats	140-147	(L)	50m Freestyle Age Groups	Finals
112	(M)	200m Backstroke	HDW				
<b>Wolverhampton – Sunday 28 March</b>							
<b>Session 12 – 9.00am Warm up</b>				<b>Session 14 – 4.00pm Warm-up*</b>			
148	(L)	200m Individual Medley	HDW	156	(L)	50m Breaststroke County Championship	Final
149	(M)	100m Freestyle	Heats	157-164	(L)	50m Breaststroke Age Groups	Finals
150	(L)	50m Breaststroke	Heats	165	(M)	100m Freestyle County Championship	Final
151	(M)	200m Butterfly	HDW	166-172	(M)	100m Freestyle Age Groups	Finals
<b>Session 13 – 12.00pm Warm up*</b>				173 (L) 100m Freestyle County Championship Final			
152	(M)	200m Individual Medley	HDW	174-180	(L)	100m Freestyle Age Groups	Finals
153	(L)	100m Freestyle	Heats	181	(M)	50m Breaststroke County Championship	Final
154	(M)	50m Breaststroke	Heats	182-189	(M)	50m Breaststroke Age Groups	Finals
155	(L)	200m Butterfly	HDW				

**Warm up times to be confirmed after entries are processed.**

**The promoter reserves the right to restrict entries for good gala management.\***

**Closing Date: Friday 16 January 2010** All entries must be submitted through your Club Swimming Representative  
Qualifying Times must have been achieved between 16/04/2009 – 16/01/2010 (Relay splits are not acceptable as QT)

**ALL Ages will be on the LAST DAY of the Championship and Age Groups Competitions - 28/03/2010**