

ASA South East Region – Youth Championships 2014

Saturday 3 rd May 2014 – K2 Crawley		Sunday 4 th May 2014- K2 Crawley	Monday 5 th May 2014 – Surrey Sports Park
Session One		Session Three	Session Five
Warm-up: 8:15 First event: 9:30		Warm-Up: 7:45 First event: 9:00	Warm-up: 8:30 First event: 9:15
101: G - 4 x 100m Freestyle Relay HDW	301: B - 4 x 100m Freestyle Relay HDW	501: G – 4x200m Freestyle Relay HDW	
102: B – 4 x100m Medley Relay HDW	302: G - 4 x100m Medley Relay HDW	502: B – 4x200m Freestyle Relay HDW	
103: G - 50m Backstroke	303: B - 50m Backstroke	503: G – 800m Freestyle HDW	
104: B - 50m Freestyle	304: G - 50m Freestyle	504: B – 1500m Freestyle HDW	
105: G - 200m Breaststroke	305: B - 200m Breaststroke		
106: B - 200m Backstroke	306: G - 200m Backstroke		
107: G - 100m Butterfly	307: B - 100m Butterfly		
108: B - 100m Breaststroke	308: G - 100m Breaststroke		
Session Two		Session Four	Session Six
Warm-up: 1:15 First event: 2:30		Warm-up: 12:45 First event: 2:00	Warm-up: 1:30 First event: 2:15
201: G - 100m Backstroke	401: B - 100m Backstroke	601: G – 200m Freestyle	
202: B - 100m Freestyle	402: G - 100m Freestyle	602: B – 200m Freestyle	
203: G - 400m Freestyle HDW	403: B - 400m Freestyle HDW		
204: B - 400m Ind Medley HDW	404: G - 400m Ind Medley HDW		
205: G - 50m Butterfly	405: B - 50m Butterfly		
206: B - 50m Breaststroke	406: G - 50m Breaststroke		
207: G -200m Ind Medley	407: B -200m Ind Medley		
208: G - 150m Ind Medley (MD)	408: B - 150m Ind Medley (MD)		
209: B - 200m Butterfly	409: G - 200m Butterfly		
Estimate finish: 7:00		Estimated finish: 6:45	Estimated finish: 3:45

Because of the long session lengths, there will be a 15 minute officials break in each session except session six.