

**HAMPSHIRE COUNTY ASA  
 OPEN/JUNIOR CHAMPIONSHIPS 2018  
 Under ASA Laws and Technical Rules of Swimming  
 The Quays, Southampton (25m Pool)  
 22<sup>nd</sup>/23<sup>rd</sup> September 2018**

<b>SATURDAY, 22<sup>nd</sup> SEPTEMBER</b>	<b>SUNDAY, 23<sup>RD</sup> SEPTEMBER</b>
<u>Session ONE - Warm-up: 09:00 Start: 10:00</u> 101 Mens 100m Freestyle 102 Womens 200m Freestyle 103 Mens 50m Breaststroke 104 Womens 50m Backstroke 105 Mens 400m Ind Medley 106 Womens 100m Butterfly 107 Mens 100m Backstroke 108 Womens 100m Breaststroke	<u>Session THREE - Warm-up: 09:00 Start: 10:00</u> 301 Womens 100m Freestyle 302 Mens 200m Freestyle 303 Womens 50m Breaststroke 304 Mens 50m Backstroke 305 Womens 400m Ind Medley 306 Mens 100m Butterfly 307 Womens 100m Backstroke 308 Mens 100m Breaststroke
<u>Session TWO - Warm-up: 13:00 Start: 14:00</u> 201 Mens 200m Butterfly 202 Womens 200m Ind Medley 203 Mens 400m Freestyle 204 Womens 200m Backstroke 205 Mens 200m Breaststroke 206 Womens 50m Freestyle 207 Mens 50m Butterfly	<u>Session FOUR - Warm-up: 13:00 Start: 14:00</u> 401 Womens 200m Butterfly 402 Mens 200m Ind Medley 403 Womens 400m Freestyle 404 Mens 200m Backstroke 405 Womens 200m Breaststroke 406 Mens 50m Freestyle 407 Womens 50m Butterfly

All events Heat Declared Winner

Junior: 16 and Under on 31<sup>st</sup> December 2018