

asa National Age Group Championships
Ponds Forge International Sports Centre, Sheffield
Wednesday 22nd July – Sunday 26th July 2009

Programme of Events

Wednesday 22 nd July 2009	Thursday 23 rd July 2009	Friday 24 th July 2009	Saturday 25 th July 2009	Sunday 26 th July 2009
Session One - Heats	Session Four - Heats	Session Seven - Heats	Session Ten - Heats	Session Thirteen - Heats
Boys 400m Freestyle Girls 400m I.M. Boys 100m Backstroke Girls 100m Freestyle Boys 200m Breaststroke Girls 200m Backstroke Boys 4 x 100m Free Team	Girls 400m Freestyle Boys 200m Butterfly Girls 200m Breaststroke Boys 100m Freestyle Girls 200m Butterfly Boys 200m I.M. Girls 4 x 100m Free Team	Girls 200m Freestyle Boys 200m Backstroke Girls 100m Butterfly Boys 4 x 200m Free Team	Boys 200m Freestyle Girls 100m Backstroke Boys 100m Breaststroke Girls 100m Breaststroke Boys 100m Butterfly Girls 4 x 200m Free Team	Girls 200m I.M. Boys 400m I.M. Girls 4 x 100m Medley Team Boys 4 x 100m Medley Team
Session Two - Heats	Session Five - Heats	Session Eight - Heats	Session Eleven - Heats	
Girls 1500m Free HDW	Boys 1500m Free HDW	Girls 800m Freestyle HDW	Boys 800m Freestyle HDW	
Session Three - Finals	Session Six - Finals	Session Nine - Finals	Session Twelve - Finals	Session Fourteen - Finals
Boys 11 400m Freestyle – Final Boys 12 400m Freestyle – Final Boys 13 400m Freestyle – Final Boys 14 400m Freestyle – Final Girls 11 400m I.M. – Final Girls 12 400m I.M. – Final Girls 13 400m I.M. – Final Boys 11 100m Backstroke – Final Boys 12 100m Backstroke – Final Boys 13 100m Backstroke – Final Boys 14 100m Backstroke – Final Girls 11 100m Freestyle – Final Girls 12 100m Freestyle – Final Girls 13 100m Freestyle – Final Boys 11 200m Breast – Final Boys 12 200m Breast – Final Boys 13 200m Breast – Final Boys 14 200m Breast – Final Girls 11 200m Backstroke – Final Girls 12 200m Backstroke – Final Girls 13 200m Backstroke – Final Boys 4 x 100m Free Team - Final	Girls 11 400m Freestyle – Final Girls 12 400m Freestyle – Final Girls 13 400m Freestyle – Final Boys 11 200m Butterfly – Final Boys 12 200m Butterfly – Final Boys 13 200m Butterfly – Final Boys 14 200m Butterfly – Final Girls 11 200m Breast – Final Girls 12 200m Breast – Final Girls 13 200m Breast – Final Boys 11 100m Freestyle – Final Boys 12 100m Freestyle – Final Boys 13 100m Freestyle – Final Boys 14 100m Freestyle – Final Girls 11 200m Butterfly – Final Girls 12 200m Butterfly – Final Girls 13 200m Butterfly – Final Boys 11 200m I.M. – Final Boys 12 200m I.M. – Final Boys 13 200m I.M. – Final Boys 14 200m I.M. – Final Girls 4 x 100m Free Team - Final	Girls 11 200m Freestyle – Final Girls 12 200m Freestyle – Final Girls 13 200m Freestyle – Final Boys 11 200m Back – Final Boys 12 200m Back – Final Boys 13 200m Back – Final Boys 14 200m Back – Final Girls 11 100m Butterfly – Final Girls 12 100m Butterfly – Final Girls 13 100m Butterfly – Final Boys 4 x 200m Free Team - Final	Boys 11 200m Freestyle – Final Boys 12 200m Freestyle – Final Boys 13 200m Freestyle – Final Boys 14 200m Freestyle – Final Girls 11 100m Backstroke – Final Girls 12 100m Backstroke – Final Girls 13 100m Backstroke – Final Boys 11 100m Breast – Final Boys 12 100m Breast – Final Boys 13 100m Breast – Final Boys 14 100m Breast – Final Girls 11 100m Breast – Final Girls 12 100m Breast – Final Girls 13 100m Breast – Final Boys 11 100m Butterfly – Final Boys 12 100m Butterfly – Final Boys 13 100m Butterfly – Final Boys 14 100m Butterfly – Final Girls 4 x 200m Free Team – Final	Girls 11 200m I.M. – Final Girls 12 200m I.M. – Final Girls 13 200m I.M. – Final Boys 11 400m I.M. – Final Boys 12 400m I.M. – Final Boys 13 400m I.M. – Final Boys 14 400m I.M. – Final Girls 4 x 100m Medley Team - Final Boys 4 x 100m Medley Team - Final