

**asa National Youth Championships / asa National Championships (50m)**  
**Programme of Events**  
**Ponds Forge, Sheffield 28<sup>th</sup> July – 2<sup>nd</sup> August 2009**

Day 1	Day 2	Day 3	Day 4 -	Day 5	Day 6
Tuesday 28 <sup>th</sup> July	Wednesday 29 <sup>th</sup> July	Thursday 30 <sup>th</sup> July	Friday 31 <sup>st</sup> July	Saturday 1 <sup>st</sup> August	Sunday 2 <sup>nd</sup> August
Session 1: 8-30am	Session 4: 8-30am	Session 7: 8-30am	Session 10: 8-30am	Session 13: 8-30am	Session 16: 8-30am
101 Women's 100m Free – H 102 Men's 400m Free – H 103 MD Men's 200m IM - H 104 MD W 200m IM - H 105 Women's 400m IM – H 106 Men's 100m Back - H 107 Women's 100m Breast – H 108 Men's 100m Breast – H 109 Women's 200m Back – H 110 MD Men's 50m Breast - H 111 MD Women's 50m Breast - H	201 Women's 100m Back – H 202 MD Men's 100m Free - H 203 MD Women's 100m Free - H 204 Men's 100 Free – H 205 Women's 50m Fly - H 206 Men's 50m Fly - H 207 Girls 14-17 yrs 800m Free Team H 208 Boys 15-18 yrs 800m Fr Team H 209 MD Men's 150m IM - H 210 MD Women's 150m IM - H  <b>NOT BEFORE 12 NOON</b> 211 Women's 800m Free – HDW	301 Men's 200m IM – H 302 Women's 200m Free – H 303 MD Men's 100m Breast - H 304 MD Women's 100m Breast - H 305 Men's 200m Breast – H 306 Women's 100m Fly – H 307 Men's 200m Fly – H 308 MD Men's 50m Back - H 309 MD Women's 50m Back - H  <b>NOT BEFORE 12 NOON</b> 311 Men's 800m Free – HDW	401 Men's 200 Free – H 402 MD Men's 100m Fly - H 403 MD Women's 100m Fly - H 404 Women's 50m Breast – H 405 Men's 50m Back - H 406 Women's 200m IM – H 407 MD Men's 50m Free - H 408 MD Women's 50m Free - H 409 Boys 15-18 yrs Medley Team H 410 Girls 14-17 yrs Medley Team H  <b>NOT BEFORE 12 NOON</b> 411 Men's 1500m Free - HDW	501 Men's 100m Fly – H 502 MD Men's 100m Back - H 503 MD Women's 100m Back - H 504 Women's 200m Breast – H 505 Men's 200m Back – H 506 Women's 200m Fly – H 507 Men's 50m Free – H 508 MD Men's 50m Fly - H 509 MD Women's 50m Fly - H 510 Women's 50m Back – H  <b>NOT BEFORE 12 NOON</b> 511 Men's 1500m Free – HDW	601 Women's 400m Free – H 602 MD Men's 400m Free - H 603 MD Women's 400m Free - H 604 Men's 50m Breast – H 605 Women's 50m Free – H 606 Men's 400m IM – H 607 MD Men's 200m Free - H 608 MD Women's 200m Free - H 609 Girls 14-17 yrs 400m Free Team H 610 Boys 15-18 yrs 400m Free Team H
Session 2: 4-30pm	Session 5: 4-30pm	Session 8: 4-30pm	Session 11: 4-30pm	Session 14: 4-30pm	
151 Girls 14/15 yrs 100m Free SF 152 Girls 16/17 yrs 100m Free SF 153 Boys 15/16 yrs 100m Back SF 154 Boys 17/18 yrs 100m Back SF 155 Girls 14/15 yrs 100m Breast SF 156 Girls 16/17 yrs 100m Breast SF 157 Boys 15/16 yrs 100m Breast SF 158 Boys 17/18 yrs 100m Breast SF	251 Girls 14/15 yrs 100m Back SF 252 Girls 16/17 yrs 100m Back SF 253 Boys 15/16 yrs 100m Free SF 254 Boys 17/18 yrs 100m Free SF	351 Girls 14/15 yrs 200m Free SF 352 Girls 16/17 yrs 200m Free SF 353 Boys 15/16 yrs 200m I.M. SF 354 Boys 17/18 yrs 200m I.M. SF 355 Girls 14/15 yrs 100m Fly SF 356 Girls 16/17 yrs 100m Fly SF	451 Boys 15/16 yrs 200m Free SF 452 Boys 17/18 yrs 200m Free SF 453 Girls 14/15 yrs 200m I.M. SF 454 Girls 16/17 yrs 200m I.M. SF	551 Boys 15/16 yrs 100m Fly SF 552 Boys 17/18 yrs 100m Fly SF	
Session 3: 6pm	Session 6: 6pm	Session 9: 6pm	Session 12: 6pm	Session 15: 6pm	Session 17: tbc
161 Boys 15/16 yrs 400m Free F 162 Boys 17/18 yrs 400m Free F 163 Girls 14/15 yrs 400m IM F 164 Girls 16/17 yrs 400m IM F 165 MD Men's 200m IM - F 166 MD W 200m IM - F 167 Girls 14/15 yrs 200m Back F 168 Girls 16/17 yrs 200m Back F 169 Women's Open 100m Breast - F 170 Men's Open 400m Free – F 171 Women's Open 400m IM – F 172 Men's Open 100m Back - F 173 Women's Open 100m Breast - F 174 Men's Open 100m Breast – F 175 Women's Open 200m Back – F 176 MD Men's 50m Breast - F 177 MD Women's 50m Breast - F	261 Girls 14/15 yrs 100m Free F 262 Girls 16/17 yrs 100m Free F 263 Boys 15/16 yrs 100m Back F 264 Boys 17/18 yrs 100m Back F 265 MD Men's 100m Free - F 266 MD Women's 100m Free - F 267 Girls 14/15 yrs 100m Breast F 268 Girls 16/17 yrs 100m Breast F 269 Boys 15/16 yrs 100m Breast F 270 Boys 17/18 yrs 100m Breast F 271 Women's Open 50m Fly F 272 Men's Open 50m Fly F 273 Men's Open 100 Free – F 274 Women's Open 100m Back – F 275 Girls 14-17 yrs 800m Free Team F 276 Boys 15-18 yrs 800m Free Team F 277 MD Men's 150m IM - F 278 MD Women's 150m IM - F	361 Boys 15/16 yrs 100m Free F 362 Boys 17/18 yrs 100m Free F 363 MD Men's 100m Breast - F 364 MD Women's 100m Breast - F 365 Girls 14/15 yrs 100m Back F 366 Girls 16/17 yrs 100m Back F 367 Boys 15/16 yrs 200m Breast F 368 Boys 17/18 yrs 200m Breast F 369 Boys 15/16 yrs 200m Fly F 370 Boys 17/18 yrs 200m Fly F 371 Men's Open 200m IM – F 372 Women's Open 200m Free – F 373 Men's Open 200m Breast – F 374 MD Men's 50m Back - F 375 MD Women's 50m Back - F 376 Women's Open 100m Fly - F 377 Men's Open 200m Fly – F	461 Girls 14/15 yrs 200m Free F 462 Girls 16/17 yrs 200m Free F 463 MD Men's 100m Fly - F 464 MD Women's 100m Fly - F 465 Boys 15/16 yrs 200m I.M. F 466 Boys 17/18 yrs 200m I.M. F 467 Girls 14/15 yrs 100m Fly F 468 Girls 16/17 yrs 100m Fly F 469 Men's Open 200 Free – F 470 Women's Open 50m Breast – F 471 Men's Open 50m Back – F 472 MD Men's 50m Free - F 473 MD Women's 50m Free - F 474 Women's Open 200 IM – F 475 Boys 15-18 yrs Medley Team F 476 Girls 14-17 yrs Medley Team F	561 Boys 15/16 yrs 50m Free SF 562 Boys 17/18 yrs 50m Free SF 563 Girls 14/15 yrs 200m Breast F 564 Girls 16/17 yrs 200m Breast F 565 MD Men's 100m Back - F 566 MD Women's 100m Back - F 567 Boys 15/16 yrs 200m Back F 568 Boys 17/18 yrs 200m Back F 569 Girls 14/15 yrs 200m Fly F 570 Girls 16/17 yrs 200m Fly F 571 Boys 15/16 yrs 200m Free F 572 Boys 17/18 yrs 200m Free F 573 Girls 14/15 yrs 200m I.M. F 574 Girls 16/17 yrs 200m I.M. F 575 Men's Open 50m Free – F 576 MD Men's 50m Fly - F 577 MD Women's 50m Fly - F 578 Women's Open 200m Breast – F 579 Men's Open 200m Back – F 580 Women's Open 200m Fly – F 581 Men's Open 100m Fly – F 582 Women's Open 50m Back – F 583 Boys 15/16 yrs 50m Free F 584 Boys 17/18 yrs 50m Free F	661 Girls 14/15 yrs 50m Free SF 662 Girls 16/17 yrs 50m Free SF 663 Boys 15/16 yrs 400m I.M. F 664 Boys 17/18 yrs 400m I.M. F 665 Girls 14/15 yrs 400m Free F 666 Girls 16/17 yrs 400m Free F 667 MD Men's 400m Free - F 668 MD Women's 400m Free - F 669 Boys 15/16 yrs 100m Fly F 670 Boys 17/18 yrs 100m Fly F 671 Women's Open 50m Free – F 672 Men's Open 400m I.M. – F 673 Women's Open 400m Free – F 674 MD Men's 200m Free - F 675 MD Women's 200m Free - F 676 Men's Open 50m Breast – F 677 Girls 14/15 yrs 50m Free F 678 Girls 16/17 yrs 50m Free F 679 Girls 14-17 yrs 400m Free Team F 680 Boys 15-18 yrs 400m Free Team F