

# NORTH MIDLANDS ASA CHAMPIONSHIPS - 2018

All Galas to be held at MACCLESFIELD

## Weekend 1 - Licence Number: 3NW181707

Session 1				
Saturday 6th October				
Warm Up 8:00 am for a 9:15 am start				
101	10 +	Ladies	400m	Freestyle
102	9 +	Mens	50m	Backstroke
103	9 +	Ladies	50m	Breaststroke
20 minute break				
104	10 +	Mens	100m	Backstroke
105	10 +	Ladies	100m	Freestyle

Session 2				
Saturday 6th October				
Warm Up 1:00 pm for a 2:15 pm start				
201	9 +	Mens	50m	Butterfly
202	9 - 11	Ladies	100m	Individual Medley
20 minute break				
203	10 +	Mens	100m	Breaststroke
204	9 +	Ladies	50m	Freestyle
205	11 +	Mens	1500m	Freestyle

Session 3				
Sunday 7th October				
Warm Up 8:00 am for a 9:15 am start				
301	10 +	Ladies	100m	Butterfly
302	9 +	Mens	200m	Breaststroke
303	9 +	Ladies	200m	Freestyle
20 minute break				
304	10 +	Mens	100m	Freestyle
305	9 +	Ladies	200m	Backstroke

Session 4				
Sunday 7th October				
Warm Up 1:45 pm for a 3:00 pm start				
401	11 +	Mens	400m	Individual Medley
402	9 +	Ladies	50m	Butterfly
403	9 - 11	Mens	100m	Individual Medley
20 minute break				
404	11 +	Ladies	1500m	Freestyle

## Weekend 2 - Licence Number: 3NW181708

Session 5				
Saturday 20th October				
Warm Up 8:00 am for a 9:15 am start				
501	10 +	Ladies	100m	Breaststroke
502	9 +	Mens	200m	Freestyle
503	9 +	Ladies	200m	Butterfly
20 minute break				
504	10 +	Mens	100m	Butterfly
505	10 +	Ladies	100m	Backstroke

Session 6				
Saturday 20th October				
Warm Up 1:00 pm for a 2:15 pm start				
601	9 +	Mens	200m	Backstroke
602	9 +	Ladies	200m	Breaststroke
603	9 +	Mens	50m	Freestyle
20 minute break				
604	11 +	Ladies	800m	Freestyle
605	11 +	Mens	800m	Freestyle

Session 7				
Sunday 21st October				
Warm Up 8:00 am for a 9:15 am start				
701	10 +	Mens	400m	Freestyle
702	9 +	Ladies	200m	Individual Medley
703	9 +	Mens	200m	Individual Medley
20 minute break				
Junior Ladies/Mens Skins (14u)				
Senior Ladies/Mens Skins (15+)				
(By invitation only from the results of the 200m IM)				

Session 8				
Sunday 21st October				
Warm Up 1:30 pm for a 2:45 pm start				
801	9 +	Mens	200m	Butterfly
802	11 +	Ladies	400m	Individual Medley
803	9 +	Mens	50m	Breaststroke
804	9 +	Ladies	50m	Backstroke

ALL EVENTS HEAT DECLARED WINNER (HDW)

Entry Fee £5:00 per event. Online entries only, **NO PAPER ENTRIES**

AGE AS AT 21st October 2018

Entries closing date Friday 7th September 2018. **NO LATE ENTRIES WILL BE ACCEPTED**

Session times are subject to change depending on entry numbers. Actual times will be sent with swimmer acceptances.