



**WORCESTER COUNTY SWIMMING ASSOCIATION COUNTY CHAMPIONSHIPS 2010 Updated**

HEREFORD – Sunday 7 <sup>th</sup> February				HEREFORD – Sunday 21 <sup>st</sup> February			
<b>Session 1 – 10.00am Warm-up</b>				<b>Session 2 – 10.00am Warm-up</b>			
1	(M/L)	800m Freestyle	<b>HDW</b>	2	(M/L)	1500m Freestyle	<b>HDW</b>
<b>Worcester – Saturday 13 March</b>							
<b>Session 3 – 9.00am Warm up</b>				<b>Session 5 – 4.00pm Warm up*</b>			
3	(M)	100m Individual Medley	<b>Heats</b>	11	(M)	100m IM County Championship	<b>Final</b>
4	(L)	200m Breaststroke	<b>HDW</b>	12-19	(M)	100m IM Age Groups	<b>Finals</b>
5	(M)	100m Butterfly	<b>Heats</b>	20	(L)	50m Backstroke County Championship	<b>Final</b>
6	(L)	50m Backstroke	<b>Heats</b>	21-28	(L)	50m Backstroke Age Groups	<b>Finals</b>
<b>Session 4 – 12.00pm Warm up*</b>				29	(M)	100m Butterfly County Championship	<b>Final</b>
7	(M)	200m Freestyle	<b>HDW</b>	30-36	(M)	100m Butterfly Age Groups	<b>Finals</b>
8	(L)	100m Butterfly	<b>Heats</b>	37	(L)	100m Butterfly County Championship	<b>Final</b>
9	(M)	50m Backstroke	<b>Heats</b>	38-44	(L)	100m Butterfly Age Groups	<b>Finals</b>
10	(L)	400m Individual Medley	<b>HDW</b>	45	(M)	50m Backstroke County Championship	<b>Final</b>
				46-53	(M)	50m Backstroke Age Groups	<b>Finals</b>
<b>Worcester – Sunday 14 March</b>							
<b>Session 6 – 9.00am Warm up</b>				<b>Session 8 – 4.00pm Warm up*</b>			
54	(L)	100m Individual Medley	<b>Heats</b>	62	(L)	100m IM County Championship	<b>Final</b>
55	(M)	200m Breaststroke	<b>HDW</b>	63-70	(L)	100m IM Age Groups	<b>Finals</b>
56	(L)	100m Backstroke	<b>Heats</b>	71	(M)	50m Butterfly County Championship	<b>Final</b>
57	(M)	50m Butterfly	<b>Heats</b>	72-79	(M)	50m Butterfly Age Groups	<b>Finals</b>
<b>Session 7 – 12.00pm Warm up*</b>				80	(L)	100m Backstroke County Championship	<b>Final</b>
58	(L)	200m Freestyle	<b>HDW</b>	81-87	(L)	100m Backstroke Age Groups	<b>Finals</b>
59	(M)	100m Backstroke	<b>Heats</b>	88	(M)	100m Backstroke County Championship	<b>Final</b>
60	(L)	50m Butterfly	<b>Heats</b>	89-95	(M)	100m Backstroke Age Groups	<b>Finals</b>
61	(M)	400m Individual Medley	<b>HDW</b>	96	(L)	50m Butterfly County Championship	<b>Final</b>
				97-104	(L)	50m Butterfly Age Groups	<b>Finals</b>
<b>Wolverhampton – Saturday 27 March</b>							
<b>Session 9 – 9.00am Warm up</b>				<b>Session 11 – 4.00pm Warm-up*</b>			
105	(M)	400m Freestyle	<b>HDW</b>	113	(M)	50m Freestyle County Championship	<b>Final</b>
106	(L)	100m Breaststroke	<b>Heats</b>	114-121	(M)	50m Freestyle Age Groups	<b>Finals</b>
107	(M)	50m Freestyle	<b>Heats</b>	122	(L)	100m Breaststroke County Championship	<b>Final</b>
108	(L)	200m Backstroke	<b>HDW</b>	123-129	(L)	100m Breaststroke Age Group	<b>Finals</b>
<b>Session 10 – 12.00pm Warm-up*</b>				131	(M)	100m Breaststroke County Championship	<b>Final</b>
109	(L)	400m Freestyle	<b>HDW</b>	132-138	(M)	100m Breaststroke Age Groups	<b>Finals</b>
110	(M)	100m Breaststroke	<b>Heats</b>	139	(L)	50m Freestyle County Championship	<b>Final</b>
111	(L)	50m Freestyle	<b>Heats</b>	140-147	(L)	50m Freestyle Age Groups	<b>Finals</b>
112	(M)	200m Backstroke	<b>HDW</b>				
<b>Wolverhampton – Sunday 28 March</b>							
<b>Session 12 – 9.00am Warm up</b>				<b>Session 14 – 4.00pm Warm-up*</b>			
148	(L)	200m Individual Medley	<b>HDW</b>	156	(L)	50m Breaststroke County Championship	<b>Final</b>
149	(M)	100m Freestyle	<b>Heats</b>	157-164	(L)	50m Breaststroke Age Groups	<b>Finals</b>
150	(L)	50m Breaststroke	<b>Heats</b>	165	(M)	100m Freestyle County Championship	<b>Final</b>
151	(M)	200m Butterfly	<b>HDW</b>	166-172	(M)	100m Freestyle Age Groups	<b>Finals</b>
<b>Session 13 – 12.00pm Warm up*</b>				173	(L)	100m Freestyle County Championship	<b>Final</b>
152	(M)	200m Individual Medley	<b>HDW</b>	174-180	(L)	100m Freestyle Age Groups	<b>Finals</b>
153	(L)	100m Freestyle	<b>Heats</b>	181	(M)	50m Breaststroke County Championship	<b>Final</b>
154	(M)	50m Breaststroke	<b>Heats</b>	182-189	(M)	50m Breaststroke Age Groups	<b>Finals</b>
155	(L)	200m Butterfly	<b>HDW</b>				

Warm up times to be confirmed after entries are processed.

The promoter reserves the right to restrict entries for good gala management.\*

**Closing Date: Friday 16 January 2010** All entries must be submitted through your Club Swimming Representative  
Qualifying Times must have been achieved between 16/04/2009 – 16/01/2010 (Relay splits are not acceptable as QT)

**ALL Ages will be on the LAST DAY of the Championship and Age Groups Competitions - 28/03/2010**