

# Worcester County Swimming Association County Championships 2018



## Sunday 21st January, Worcester

<b>Session 1</b>	<b>V10.30am</b>	<b>Start 11.am</b>
Male	1500m	Freestyle HDW
<b>Session 2</b>	<b>Warm up 12.15 pm TBC</b>	<b>Start 12.45pm TBC</b>
Ladies	800m	Freestyle HDW

## Saturday 27th January, Wolverhampton

<b>Session 3</b>	<b>Warm Up 9am</b>	<b>Session 4</b>	<b>Warm Up 1.15pm.TBC</b>
L	100m Individual Medley Heats	L	200m Freestyle HDW
M	50m Butterfly Heats	M	100m Backstroke Heats
L	400m Freestyle HDW	L	50m Backstroke Heats
M	200m Breaststroke HDW	M	100m Butterfly Heats
<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>		<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>	
L	100m Individual Medley	M	100m Backstroke
M	50m Butterfly	L	50m Backstroke
		M	100m Butterfly

## Sunday 28th January, Wolverhampton

<b>Session 5</b>	<b>Warm Up 9am</b>	<b>Session 6</b>	<b>Warm Up 1.15pm TBC</b>
M	100m Breaststroke Heats	M	200m Freestyle HDW
L	50m Freestyle Heats	L	100m Backstroke Heats
M	200m Backstroke HDW	M	50m Backstroke Heats
L	400m Individual Medley HDW	L	100m Butterfly Heats
<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>		<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>	
M	100m Breaststroke	L	100m Backstroke
L	50m Freestyle	M	50m Backstroke
		L	100m Butterfly

## Saturday 3rd February, Wolverhampton

<b>Session 7</b>	<b>Warm Up 9am</b>	<b>Session 8</b>	<b>Warm up 1.15pm tbc</b>
M	100m Individual Medley Heats	M	200m Butterfly HDW
L	50m Butterfly Heats	L	100m Freestyle Heats
M	400m Freestyle HDW	M	50m Breaststroke Heats
L	200m Breaststroke HDW	L	200m Individual Medley HDW
<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>		<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>	
M	100m Individual Medley	M	50m Breaststroke
L	50m Butterfly	L	100m Freestyle

## Sunday 4th February, Wolverhampton

<b>Session 9</b>	<b>Warm Up 9am</b>	<b>Session 10</b>	<b>Warm Up 1.15pmTBC</b>
L	100m Breaststroke Heats	L	200m Butterfly HDW
M	50m Freestyle Heats	M	100m Freestyle Heats
L	200m Backstroke HDW	L	50m Breaststroke Heats
M	400m Individual Medley HDW	M	200m Individual Medley HDW
<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>		<b>Age Group Finals (10/11, 12, 13, 14, 15, 16/OV)</b>	
L	100m Breaststroke	L	50m Breaststroke
M	50m Freestyle	M	100m Freestyle