



MIDLAND SWIMMING
2009 SHORT COURSE CHAMPIONSHIPS
 (Combining the ASA East Midland and ASA West Midland Regions)
Corby East Midlands International Pool
Saturday 7th & Sunday 8th November
 (Under ASA Laws and ASA Technical Rules of Swimming)



SCHEDULE OF EVENTS

Saturday 7 th November 2009			Sunday 8 th November 2009		
Heats: start 09:00am Finals: start TBC			Heats: start 09:00am Finals: start TBC		
Men	400m	Freestyle	Women	400m	Freestyle
Women	200m	Freestyle	Men	200m	Freestyle
Men	50m	Breaststroke	Women	50m	Breaststroke
Women	100m	Breaststroke	Men	100m	Breaststroke
Men	200m	Individual Medley	Women	200m	Individual Medley
Men	150m	Multi-disability I.M.	Women	150m	Multi-disability I.M.
Women	100m	Butterfly	Men	100m	Butterfly
Men	100m	Backstroke	Women	100m	Backstroke
Women	50m	Backstroke	Men	50m	Backstroke
Men	200m	Butterfly	Women	200m	Butterfly
Women	400m	Individual Medley	Men	400m	Individual Medley
Men	100m	Freestyle	Women	100m	Freestyle
Women	50m	Freestyle	Men	50m	Freestyle
Men	200m	Breaststroke	Women	200m	Breaststroke
Women	100m	Individual Medley	Men	100m	Individual Medley
Men	50m	Butterfly	Women	50m	Butterfly
Women	200m	Backstroke	Men	200m	Backstroke
Mixed	1500m	Freestyle HDW	Mixed	800m	Freestyle HDW

Finals Sessions

Finals of Saturday's Individual Events followed by the Relays			Finals of Sunday's Individual Events followed by the Relays		
Men	4 x 100m	Medley Team HDW	Women	4 x 100m	Medley Team HDW
Women	4 x 100m	Freestyle Team HDW	Men	4 x 100m	Freestyle Team HDW

IMPORTANT

Entry times for ALL events MUST be achieved in licensed competition (level 1, 2 or 3.)
 Dependent on the number of entries the slowest competitors
 may be rejected at the discretion of the promoter.

Please note a new version of the Sportsystems Entry Manager now automatically
 validates entered times against the GB Ranking Database and the qualifying times for the meet.

**ENTRIES MUST BE SUBMITTED VIA YOUR CLUB COORDINATOR CLOSING DATE FOR ENTRIES TO
 BE RECEIVED BY THE CHAMPIONSHIP ADMINISTRATOR IS TUESDAY 13th OCTOBER**