



**MIDLAND SWIMMING**  
**2016 SHORT COURSE CHAMPIONSHIPS**  
 (Combining the ASA East Midland and ASA West Midland Regions)  
 Nottingham – Harvey Hadden Sports Village  
 Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> November  
 (Under ASA Laws and ASA Technical Rules of Swimming)  
 License 2EM162223



## SCHEDULE OF EVENTS

| Saturday 5 <sup>th</sup> November |  |          |                         | Sunday 6 <sup>th</sup> November |  |          |                         |
|-----------------------------------|--|----------|-------------------------|---------------------------------|--|----------|-------------------------|
| Session 1: Start 09:00am (TBC)    |  |          |                         | Session 4: Start 09:00am (TBC)  |  |          |                         |
| 101                               | Women  | 400m     | Freestyle               | 401                             | Men  | 400m     | Freestyle               |
| 102                               | Men  | 200m     | Freestyle               | 402                             | Women  | 200m     | Freestyle               |
| 103                               | Women  | 50m      | Breaststroke            | 403                             | Men  | 50m      | Breaststroke            |
| 104                               | Men  | 100m     | Breaststroke            | 404                             | Women  | 100m     | Breaststroke            |
| 105                               | Women  | 200m     | Individual Medley       | 405                             | Men  | 200m     | Individual Medley       |
| 106                               | Men  | 100m     | Butterfly               | 406                             | Women  | 100m     | Butterfly               |
| 107                               | Women  | 100m     | Backstroke              | 407                             | Men  | 100m     | Backstroke              |
| 108                               | Men  | 50m      | Backstroke              | 408                             | Women  | 50m      | Backstroke              |
| 109                               | Women  | 200m     | Butterfly               | 409                             | Men  | 200m     | Butterfly               |
| 110                               | Men  | 400m     | Individual Medley       | 410                             | Women  | 400m     | Individual Medley       |
| Lunch approx 1hr 30mins           |  |          |                         | Lunch approx 1hr 30mins         |  |          |                         |
| Session 2: Start TBC              |  |          |                         | Session 5: Start TBC            |  |          |                         |
| 201                               | Men  | 100m     | Freestyle               | 501                             | Women  | 100m     | Freestyle               |
| 202                               | Women  | 50m      | Freestyle               | 502                             | Men  | 50m      | Freestyle               |
| 203                               | Men  | 200m     | Breaststroke            | 503                             | Women  | 200m     | Breaststroke            |
| 204                               | Women  | 100m     | Individual Medley       | 504                             | Men  | 100m     | Individual Medley       |
| 205                               | Men  | 50m      | Butterfly               | 505                             | Women  | 50m      | Butterfly               |
| 206                               | Women  | 200m     | Backstroke              | 506                             | Men  | 200m     | Backstroke              |
| 207                               | Men  | 1500m    | Freestyle HDW -see note | 507                             | Women  | 800m     | Freestyle HDW -see note |
| Tea Break approx 1hr              |  |          |                         | Tea Break approx 1hr            |  |          |                         |
| Session 3: Start TBC              |  |          |                         | Session 6: Start TBC            |  |          |                         |
| 301 to 316                        | Finals of Saturday's Individual Events<br>(in the same order as the heats) |          |                         | 601 to 616                      | Finals of Sunday's Individual Events<br>(in the same order as the heats) |          |                         |
| 317                               | Women  | 4 x 100m | Freestyle Team HDW      | 617                             | Men  | 4 x 100m | Freestyle Team HDW      |
| 318                               | Men  | 4 x 100m | Medley Team HDW         | 618                             | Women  | 4 x 100m | Medley Team HDW         |

**Entry to the meet must be made via the competitor's club using Sportsystems Entry Manager.**

**Entry times are only accepted from GB Ranking, Level 1, 2 or 3.**

The womens 800m and mens 1500m will be restricted to the fastest 16 swimmers (2 heats)  
 (3 reserves will be allowed)

**TEAM EVENTS:** Entry is restricted to one team per club  
 At least two members of the team must hold a Midland qualifying time in at least one individual event.

**CLOSING DATE FOR ENTRIES -- WEDNESDAY 19<sup>th</sup> OCTOBER**  
 Should the meet be oversubscribed the slowest competitors may be rejected at the discretion of the promoter.

[www.midlandchampionships.org.uk](http://www.midlandchampionships.org.uk)