



THE ASA – MIDLAND SWIMMING
2008 SHORT COURSE CHAMPIONSHIPS
 (Combining the East Midland and West Midland Regions)
Braunstone Leisure Centre, Braunstone, Leicestershire
Saturday 1st & Sunday 2nd November
 (Under ASA Laws and ASA Technical Rules of Swimming)



SCHEDULE OF EVENTS

Saturday 1 st November 2008			Sunday 2 nd November 2008		
Heats: Start 9:00am			Heats: Start 9:00am		
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	400m	Individual Medley	Women	400m	Individual Medley
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	200m	Individual Medley	Men	200m	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 (ALL heats)	Mixed	800m	Freestyle HDW (ALL heats)
Finals: Start to be confirmed			Finals: Start to be confirmed		
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
Finals of Saturdays Individual Events In the same order of heats			Finals of Sundays Individual Events In the same order as the heats		

IMPORTANT

Times for ALL events must be achieved at a licensed meet (level 1,2 or 3.)
TIMES FROM RELAY SPLITS WILL NOT BE ACCEPTED

ENTRIES MUST BE SUBMITTED VIA YOUR CLUB COORDINATOR
For further details please refer to the 'Promoters Conditions' document

CLOSING DATE FOR ENTRIES TO BE RECEIVED BY THE
CHAMPIONSHIP ADMINISTRATOR IS TUESDAY 7th OCTOBER

Dependent on the number of entries the slowest competitors
may be rejected at the discretion of the promoter