



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



SCHEDULE OF EVENTS

Saturday 5 th November				Sunday 6 th 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 (in the same order as the heats)			601 to 616	Finals of Sunday's Individual Events (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 19th OCTOBER

Should the meet be oversubscribed the slowest competitors may be rejected at the discretion of the promoter.