



Suffolk County ASA Championships 2012 - Order of Events



Sessions 1 & 2 to be swum at UEA Norwich with Norfolk

Session 1 - Long Distance 11th Feb @ UEA: W/U 4PM			
F	800 Free		
M	1500 Free		
<i>Estimated Finish Time</i>			

Session 2 - Long Distance 18th Feb @ UEA: W/U 4PM			
M	800 Free		
F	1500 Free		
<i>Estimated Finish Time:</i>			

Sessions 3 - 10 to be swum at Newmarket

Session 3 - Saturday 10th of March: Warm Up 9:00am			
F	50 Free	M	50 Breast
F	400 IM HDW	M	400 Free HDW
F	9/10/11 50 Free Final	M	9/10/11 50 Breast Final
F	12/13/14 50 Free Final	M	12/13/14 50 Breast Final
F	15&O 50 Free Final	M	15&O 50 Breast Final
<i>Estimated Finish Time: 1:15pm</i>			

Session 7 - Saturday 17th of March: Warm Up 9:00am			
M	50 Free	F	50 Breast
M	400 IM HDW	F	400 Free HDW
M	9/10/11 50 Free Final	F	9/10/11 50 Breast Final
M	12/13/14 50 Free Final	F	12/13/14 50 Breast Final
M	15&O 50 Free Final	F	15&O 50 Breast Final
<i>Estimated Finish Time: 1:15pm</i>			

Session 4 - Saturday 10th of March: Warm Up 1:45pm			
F	100 Fly	M	100 Breast
F	200 Breast HDW	M	200 Back HDW
F	BAGCAT 100 Fly Final	M	BAGCAT 100 Breast Final
F	15&O 100 Fly Final	M	15&O 100 Breast Final
<i>Estimated Finish Time: 4:45pm</i>			

Session 8 - Saturday 17th of March: Warm Up 1:45pm			
M	100 Fly	F	100 Breast
M	200 Breast HDW	F	200 Back HDW
M	BAGCAT 100 Fly Final	F	BAGCAT 100 Breast Final
M	15&O 100 Fly Final	F	15&O 100 Breast Final
<i>Estimated Finish Time: 5:00pm</i>			

Session 5 - Sunday 11th of March: Warm Up 9:00am			
F	50 Fly	M	50 Back
F	100 IM HDW	M	200 Fly HDW
F	9/10/11 50 Fly Final	M	9/10/11 50 Back Final
F	12/13/14 50 Fly Final	M	12/13/14 50 Back Final
F	15&O 50 Fly Final	M	15&O 50 Back Final
<i>Estimated Finish Time: 12:00pm</i>			

Session 9 - Sunday 18th of March: Warm Up 9:00am			
M	50 Fly	F	50 Back
M	100 IM HDW	F	200 Fly HDW
M	9/10/11 50 Fly Final	F	9/10/11 50 Back Final
M	12/13/14 50 Fly Final	F	12/13/14 50 Back Final
M	15&O 50 Fly Final	F	15&O 50 Back Final
<i>Estimated Finish Time: 12:15pm</i>			

Session 6 - Sunday 11th of March: Warm Up 12:30pm			
F	100 Back	M	100 Free
F	200 Free HDW	M	200 IM HDW
F	BAGCAT 100 Back Final	M	BAGCAT 100 Free Final
F	15&O 100 Back Final	M	15&O 100 Free Final
<i>Estimated Finish Time: 4:45pm</i>			

Session 10 - Sunday 18th of March: Warm Up 12:45pm			
M	100 Back	F	100 Free
M	200 Free HDW	F	200 IM HDW
M	BAGCAT 100 Back Final	F	BAGCAT 100 Free Final
M	15&O 100 Back Final	F	15&O 100 Free Final
<i>Estimated Finish Time: 5:00pm</i>			



BAGCAT Presentations for the top 12 will be completed at the end of session 10 at approximately 5:00pm