

## Region Championships 2019 - Gala 2

Ponds Forge International Pool (50m), Sheffield - Monday 6<sup>th</sup> May  
(License TBC)

### Meet Schedule

Heats: Swimmers 14yrs/over – Finals: 14yrs, 15yrs,16yrs 17yrs/over (400m finals 14/15yrs,16yrs/over)

800m/1500m: all ages (11/12yrs, 13yrs,14yrs,15yrs,16yrs,17yrs/over) Relays: 14/16yrs & 17yrs/over

- Entry must be made via the competitors club using the on-line entry system

<b>SESSION 7</b>	<b>HEATS</b>		<b>Start 9:00am</b>
701	Mens 14/16yrs	800m	Freestyle team
702	Mens 17/over	800m	Freestyle team
703	Women	50m	Butterfly
704	Men	50m	Breaststroke
705	Women	50m	Backstroke
706	Men	50m	Freestyle
707	Women	800m	Freestyle <b>Capped at 6 heats</b>
	<b>FINALS</b>		
708-711	Men	50m	Breaststroke
712-715	Women	50m	Butterfly
716-719	Men	50m	Freestyle
720-723	Women	50m	Backstroke
<b>SESSION 8</b>	<b>HEATS</b>		<b>Start TBA</b>
801	Womens 14/16yrs	800m	Freestyle team
802	Womens 17/over	800m	Freestyle team
803	Men	50m	Butterfly
804	Women	50m	Breaststroke
805	Men	50m	Backstroke
806	Women	50m	Freestyle
807	Men	1500m	Freestyle <b>Capped at 6 heats</b>
	<b>FINALS</b>		
808-811	Women	50m	Breaststroke
812-815	Men	50m	Butterfly
816-819	Women	50m	Freestyle
820-823	Men	50m	Backstroke