

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION
COUNTY CHAMPIONSHIPS 2022 Inclusive of Multi-Classification Events

29 & 30 January, 12 & 13 February 2022 @ Southbury Road Leisure Centre; 5 & 6 February @ Hillingdon Leisure Centre
 Under Swim England Laws and Swim England Technical Rules at Level 2 under no: 2LR220142, 1LR220143 & 2LR220144

Weekend 1 – Saturday 29th & Sunday 30th January (SHORT COURSE)

At Southbury Road Leisure Centre, Southbury Road, EN1 1YP

Sprints & Distances – 50m; 800m & 1500m All Ages Male & Female

Saturday 29 January		
Session 1: Warm up 08:30; Start 09:30		
1	Female 800m Freestyle	HDW
2	Male 1500m Freestyle	HDW

3	Female 50m Butterfly	
4	Male 50m Butterfly	
5	Female 50m Backstroke	
6	Male 50m Backstroke	
7	Female 100m IM	

FINALS		
Session 2: Warm up 15:15; Start 16:15		
3F	Female 50m Butterfly	
4F	Male 50m Butterfly	
5F	Female 50m Backstroke	
6F	Male 50m Backstroke	
7F	Female 100m IM	

Sunday 30 January		
Session 3: Warm up 08:30; Start 09:30		
8	Male 800m Freestyle	HDW
9	Female 1500m Freestyle	HDW

10	Male 50m Breaststroke	
11	Female 50m Breaststroke	
12	Male 50m Freestyle	
13	Female 50m Freestyle	
14	Male 100m IM	

FINALS		
Session 4: Warm up 14:50; Start 15:50		
10F	Male 50m Breaststroke	
11F	Female 50m Breaststroke	
12F	Male 50m Freestyle	
13F	Female 50m Freestyle	
14F	Male 100m IM	

Weekend 2 – Saturday 5th & Sunday 6th February (LONG COURSE)

At Hillingdon Leisure Centre, Gattings Way, Hillingdon, UB8 1ES

Youth/Senior – 14, 15, 16, 17+ Male & Female

Saturday 5 February		
Session 5: Warm up 08:30; Start 09:30		
15	Female 400m Freestyle	HDW
16	Male 100m Butterfly	
17	Female 100m Butterfly	
18	Male 200m Breaststroke	HDW
19	Female 200m Breaststroke	HDW
20	Male 200m IM	HDW

Session 5 FINALS		
17F	Female 100m Butterfly	
16F	Male 100m Butterfly	

Session 6: Warm up 12:45; Start 13:45		
21	Male 400m IM	HDW
22	Female 100m Backstroke	
23	Male 100m Backstroke	
24	Female 200 Freestyle	HDW
25	Male 200m Freestyle	HDW

Session 6 FINALS		
22F	Female 100m Backstroke	
23F	Male 100m Backstroke	

Sunday 6 February		
Session 7: Warm up 08:30; Start 09:30		
26	Male 400m Freestyle	HDW
27	Female 100m Breaststroke	
28	Male 100m Breaststroke	
29	Female 200m Backstroke	HDW
30	Male 200m Backstroke	HDW
31	Female 200m IM	HDW

Session 7 FINALS		
28F	Male 100m Breaststroke	
27F	Female 100m Breaststroke	

Session 8: Warm up 12:45; Start 13:45		
32	Female 400m IM	HDW
33	Male 100m Freestyle	
34	Female 100m Freestyle	
35	Male 200m Butterfly	HDW
36	Female 200m Butterfly	HDW

Session 8 FINALS		
33F	Male 100m Freestyle	
34F	Female 100m Freestyle	

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Weekend 3 – Saturday 12th & Sunday 13th February (SHORT COURSE)
 At Southbury Road Leisure Centre, Southbury Road, EN1 1YP
 Age Group – 10/11, 12, 13yrs Male & Female

Saturday 12 February		
Session 9: Warm up 08:30; Start 09:30		
37	Female 400m Freestyle	HDW
38	Male 100m Butterfly	
39	Female 100m Butterfly	
40	Male 200m Breaststroke	HDW
41	Female 200m Breaststroke	HDW
42	Male 200m IM	HDW

Sunday 13 February		
Session 11: Warm up 08:30; Start 09:30		
48	Male 400m Freestyle	HDW
49	Female 100m Breaststroke	
50	Male 100m Breaststroke	
51	Female 200m Backstroke	HDW
52	Male 200m Backstroke	HDW
53	Female 200m IM	HDW

Session 9 FINALS		
39F	Female 100m Butterfly	
38F	Male 100m Butterfly	

FINALS		
50F	Male 100m Breaststroke	
49F	Female 100m Breaststroke	

Session 10: Warm up 12:15; Start 13:15		
43	Male 400m IM	HDW
44	Female 100m Backstroke	
45	Male 100m Backstroke	
46	Female 200 Freestyle	HDW
47	Male 200m Freestyle	HDW

Session 12: Warm up 12:45; Start 13:45		
54	Female 400m IM	HDW
55	Male 100m Freestyle	
56	Female 100m Freestyle	
57	Male 200m Butterfly	HDW
58	Female 200m Butterfly	HDW

Session 10 FINALS		
44F	Female 100m Backstroke	
45F	Male 100m Backstroke	

Session 12 FINALS		
55F	Male 100m Freestyle	
56F	Female 100m Freestyle	

*400IM IM 12/over