

## Schedule For Youth Regionals Plymouth

### Saturday 4 May Life Centre, Plymouth

15, 16 & 17 yrs/over

#### 1<sup>st</sup> Session

Warm-up 8.45 Start 9.45

M & F 100m Fly inc Para

M & F 200m Back

M & F 400m Free HDW inc Para

#### 45 minutes break then 2<sup>nd</sup> Session

M & F 200m IM inc Para

M & F 50m Free inc Para

M & F 100m Breast inc Para

#### Break for 1 hour 15 mins

#### Finals 15yrs, 16yrs & 17yrs & over

M & F 100m Fly

M & F 200m Back

M & F 200m IM

M & F 50m Free

M & F 100m Breast

Men's 400m 14/16 & 17+ Freestyle Relay HDW

Women's 14/16 & 17+ 400m Freestyle Relay HDW

### Sunday 5 May Life Centre, Plymouth

15, 16 & 17 yrs/over

#### 1<sup>st</sup> Session

Warm-up 8.45 Start 9.45

M & F 50m Breast inc Para

M & F 100m Free inc Para

M & F 400m IM

#### 45 minutes break then 2<sup>nd</sup> Session

M & F 50m Back inc Para

M & F 200m Fly

M & F 200m Breast

#### Break for 1 hour 15mins

#### Finals 15yrs, 16yrs & 17yrs & over

M & F 50m Breast

M & F 100m Free

M & F 50m Back

M & F 200m Fly

M & F 200m Breast

Women's 14/16 & 17+ 800m Freestyle Relay HDW

Men's 14/16 & 17+ 800m Freestyle Relay HDW

## Schedule For Youth Regionals Plymouth (Cont)

**Monday 6 May Life Centre, Plymouth**  
**15, 16 & 17 yrs/over**

### **1<sup>st</sup> Session**

Warm-up 8.45 Start 9.45  
M & F 200m Free inc Para  
M & F 50m Fly inc Para  
M & F 100m Back inc Para

### **Break for 1 hour**

#### **Finals 15yrs, 16yrs & 17yrs & over**

M & F 200m Free  
M & F 50m Fly  
M & F 100m Back  
Women's 14/16 & 17+ 800m Freestyle Relay HDW  
Men's 14/16 & 17+ 800m Freestyle Relay HDW

**Monday 6 May Life Centre, Plymouth**

### **Break for 1 hour**

Afternoon Session  
Men's & Women's 800m Freestyle HDW – all ages

Start time of Finals session and Afternoon sessions depends on entries and will be announced with the lists of accepted swimmers.

Para swimming events Open to all ages