Somerset Amateur Swimming Association
Programme of Events 2019

SATURDAY 26th January 2019

Morning session					Afternoon session				
Male/Female	**Distance**	**Event**	**Ages**	**Type**	**Male/Female**	**Distance**	**Event**	**Ages**	**Type**
Mixed	1500m	Freestyle	11/12, 13, 14, 15 & 16 & over	HDW	Female	4 x 50m	Medley Relay	10/11-12; 13-14	HDW
6 heats - 2 hours					Male	4 x 50m	Medley Relay	10/11-12; 13-14	HDW
					Female	4 x 50m	Freestyle Relay	15 & under; Open	HDW
					Male	4 x 50 m	Freestyle Relay	15 & under; Open	HDW
					Mixed	4 x 50m	Medley Relay	14 & under	HDW
					Mixed	4 x 50m	Freestyle Relay	15 & over	HDW

SUNDAY 27th January 2019

Morning session	Distance	Event	Ages	Type	Afternoon session	Distance	Event	Ages	Type
Male	200m	IM	10/11, 12, 13, 14, 15, 16 & over	Heats	Female	400m	IM	12, 13, 14, 15 & 16 & over	HDW
Female	200m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Heats	Male	100m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Heats
Male	50m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Heats	Female	100m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Heats
Female	50m	Butterfly	10/11, 12, 13, 14, 15, 16 & over	Heats	Male	50m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Heats
					Female	50m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Heats
BREAK PRIOR TO FINALS					**BREAK PRIOR TO FINALS**				
Male	200m	IM	10/11, 12, 13, 14, 15, 16 & over	Finals	Male	100m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Finals
Female	200m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Finals	Female	100m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Finals
Male	50m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Finals	Male	50m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Finals
Female	50m	Butterfly	10/11, 12, 13, 14, 15, 16 & over	Finals	Female	50m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Finals

Saturday 2 February 2019

Morning session	Distance	Event	Ages	Type	Afternoon session	Distance	Event	Ages	Type
Mixed	800m	Freestyle	11/12, 13, 14, 15 & 16 & over	HDW	Female	4 x 50m	Freestyle Relay	10/11-12; 13-14	HDW
10 heats - 2.2 hours					Male	4 x 50m	Freestyle Relay	10/11-12; 13-14	HDW
					Female	4 x 50m	Medley Relay	15 & under; Open	HDW
					Male	4 x 50m	Medley Relay	15 & under; Open	HDW
					Mixed	4 x 50m	Freestyle Relay	14 & under	HDW
					Mixed	4 x 50m	Medley Relay	15 & over	HDW

SUNDAY 3rd February 2019

Morning session					Afternoon session				
Male/Female	**Distance**	**Event**	**Ages**	**Type**	**Male/Female**	**Distance**	**Event**	**Ages**	**Type**
Female	200m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Heats	Male	400m	IM	12, 13, 14, 15 & 16 & over	HDW
Male	200m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Heats	Female	100m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Heats
Female	100m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Heats	Male	100m	Butterfly	10/11, 12, 13, 14, 15, 16 & over	Heats
Male	100m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Heats					
BREAK PRIOR TO FINALS					**BREAK PRIOR TO FINALS**				
Female	200m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Finals	Female	100m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Finals
Male	200m	Breaststroke	10/11, 12, 13, 14, 15, 16 & over	Finals	Male	100m	Butterfly	10/11, 12, 13, 14, 15, 16 & over	Finals
Female	100m	Backstroke	10/11, 12, 13, 14, 15, 16 & over	Finals					
Male	100m	Freestyle	10/11, 12, 13, 14, 15, 16 & over	Finals					