

CHESHIRE COUNTY SWIMMING CHAMPIONSHIPS – 2010

(Level 2 Meet)

Programme of Events

GALA 1 - STOCKPORT - LONG COURSE

March 20th	8.00 a.m. for 9.00 a.m. start		
1. Open & Girls	11-16yrs	800m Free	HDW
1. Open & Boys	12-16yrs	800m Free	HDW
(Mixed event – seeded on submitted times)			
2. Open & Boys	9 - 16yrs	50m Fly	HDW
3. Open & Girls	9 – 16yrs	50m Fly	HDW

GALA 2 - STOCKPORT - LONG COURSE

March 20th	12.15 p.m. for 1.15 p.m. start		
1. Open & Boys	9-16yrs	50m Back	HDW
2. Open & Girls	9-16yrs	50m Back	HDW
3. Open & Boys	9–16yrs	50m Free	HDW
4. Open & Girls	9–16yrs	50m Free	HDW

GALA 3 – STOCKPORT - LONG COURSE

March 20th	4.30 p.m. for 5.15 p.m. start		
1. Open & Girls	9–16yrs	50m Breast	HDW
2. Open & Boys	9–16yrs	50m Breast	HDW
3. Open & Girls	12–16yrs	1500m Free	HDW
Open & Boys	12 – 16yrs	1500m Free	HDW
(Mixed event – seeded on submitted times)			

GALA 4 – MACCLESFIELD – SHORT COURSE

March 21st	8.30 a.m. for 9.30 a.m. start		
1. Open & Boys	9–16yrs	200m Free	HDW
2. Open & Girls	9–16yrs	200m Back	HDW
3. Open & Boys	9-16yrs	200m Breast	HDW

GALA 5 – MACCLESFIELD – SHORT COURSE

March 21st	12.30 noon for 1.30 p.m. start		
1. Open & Girls	9 - 16yrs	200m Free	HDW
2. Open & Boys	12 – 16yrs	100m Breast	H
3. Open & Girls	11 – 16yrs	100m Fly	H
4. Girls	9 – 11yrs	4x25m IM	HDW
5. Girls	10 – 12yrs	4x50m Med Team	HDW

GALA 6 – MACCLESFIELD – SHORT COURSE

March 21st	4.30p.m. for 5.30 p.m. start		
1. Open & Girls	11 - 16yrs	100m Free	H
2. Open & Boys	12 - 16yrs	100m Back	H
3. Girls	10 - 12yrs	4x50m Free Team	HDW
4. Girls	13 –14yrs	4x50m Free Team	HDW
5. Girls	15 –16yrs	4x50m Free Team	HDW

GALA 7 – MACCLESFIELD - SHORT COURSE

March 27 th	8.00 a.m. for 9.00 a.m. start		
1. Open & Girls	11 – 16yrs	400m Free	HDW
2. Open & Boys	12 – 16yrs	400m IM	HDW
3. Open & Girls	9 - 16yrs	200m Breast	HDW

GALA 8 - MACCLESFIELD - SHORT COURSE

March 27 th	12.15 p.m. for 1.15 p.m. start		
1. Open & Boys	12 - 16yrs	100m Free	H
2. Open & Girls	11 – 16yrs	100m Back	H
3. Open & Boys	9 - 16yrs	200m Fly	HDW
4. Boys	15 - 16yrs	4x50m Free Team	HDW
5. Boys	13 - 14yrs	4x50m Free Team	HDW

GALA 9 – MACCLESFIELD - SHORT COURSE

March 27 th	4.15 p.m. for 5.15 p.m. start		
1. Open & Girls	11 –16yrs	100m Breast	H
2. Open & Boys	12 – 16yrs	100m fly	H
3. Open & Girls	11 – 16 yrs	400m IM	HDW
4. Boys	9 - 11 yrs	100m IM	HDW

GALA 10 – MACCLESFIELD – SHORT COURSE

March 28 th	8.30 a.m. for 9.30 a.m. start		
1. Open & Boys	12 - 16yrs	400m Free	HDW
2. Open & Girls	9 – 16yrs	200m Fly	HDW
3. Open & Boys	9 - 16yrs	200m Back	HDW

GALA 11 – MACCLESFIELD – SHORT COURSE

March 28 th	12.45 p.m. for 1.45 p.m. start		
1. Boys	10 – 12yrs	4x50m Med Team	HDW
2. Boys	13 - 14yrs	4x50m Med Team	HDW
3. Mens	Open	4x50m Med Team	HDW
4. Ladies	Open	4x50m Med Team	HDW
5. Boys	10 – 12yrs	4x50m Free Team	HDW
6. Girls	13 - 14yrs	4x50m Med Team	HDW
7. Boys	15 – 16yrs	4x50m Med Team	HDW
8. Girls	15 – 16yrs	4x50m Med Team	HDW

GALA 12 – MACCLESFIELD – SHORT COURSE

March 28 th	3.45 p.m. for 4.45 p.m. start		
1. Open & Girls	9 –16yrs	200m IM	HDW
2. Open & Boys	9- 16yrs	200m IM	HDW
3. Ladies	Open	4x50m Free Relay	HDW
4. Mens	Open	4x50m Free Relay	HDW

* One start rule.

* 100m events – There will be an Open Final (Fastest 8 swimmers, irrespective of age), together with single age group finals. The JUNIOR Champion will be the highest placed junior swimmer in the OPEN Final / or fastest recorded time from heats or finals if no Junior in the Open final.. The Age Group Medallists will be determined by the fastest times recorded in either the Open or Age Group FINALS.

* HDW events - the JUNIOR (16/Under) Championship will be awarded to the swimmer with the fastest recorded time.

• All entries will require entry times. Times are CONSIDERATION not QUALIFYING times. (See separate sheet)

• Age as at 28th March 2010. Cheques made payable to Cheshire County WP & Swimming Association.

* Entry fee:- £4.25 per event. Closing date for entries: Tuesday, February 23rd 2010

* Coaches Passes £15.00 which covers admittance to all galas, programmes, and heat start lists (Only for bona fide Club officials)

* All entries on memory stick (available from Val. Mellor) and official forms must also be submitted (photocopies accepted) together with entry fee (one cheque per club please!).

Mrs. V. Mellor, 5 Benbrook Way, Gawsorth, Macclesfield, Cheshire SK11 9RT. Tel. 01625 427297

- The times listed below are consideration times (times slower than those published will not be accepted)
- N.B. Cheshire County reserves the right to reduce the number of entries to keep the galas to a reasonable length even if swimmers have achieved the consideration times.
- Entries must have been achieved in the last TWELVE MONTHS in Licensed Meets 1,2,3,4 for 10yrs and Over,
 - b) 9yrs ONLY - League matches, club championships, league matches, club championships where there are result sheets which must be to be submitted with entry forms.
- ENTRIES WILL BE CHECKED AGAINST ASA RANKINGS
- Age as at 28th. March 2010

	EVENT	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	SENIOR
MALE										
	50 FREE	43.00	40.00	38.00	35.00	33.00	31.00	30.00	29.00	29.00
	100 FREE				1.14.50	1.12.00	1.09.00	1.06.50	1.04.00	1.03.00
	200 FREE	3.15.00	3.05.00	2.55.00	2.45.00	2.35.00	2.25.00	2.20.00	2.16.00	2.14.00
	400 FREE		6.05.00	5.50.00	5.35.00	5.21.00	5.00.00	4.50.00	4.47.00	4.45.00
	800 FREE				11.30.00	11.00.00	10.30.00	10.05.00	9.50.00	9.50.00
	1500 FREE				22.00.00	20.30.00	19.30.00	19.00.00	18.50.00	18.30.00
	50 BACK	48.00	44.00	42.00	39.00	37.00	34.50	33.00	32.00	32.00
	100 BACK				1.25.00	1.22.00	1.17.00	1.13.00	1.11.00	1.10.00
	200 BACK	3.50.00	3.30.00	3.20.00	3.10.00	2.55.00	2.48.00	2.40.00	2.33.00	2.30.00
	50 BRST	55.00	52.00	50.00	48.00	46.00	44.00	43.00	41.00	40.00
	100 BRST				1.35.00	1.32.00	1.30.00	1.28.00	1.26.00	1.24.00
	200 BRST	4.10.00	4.00.00	3.50.00	3.40.00	3.30.00	3.20.00	3.10.00	3.00.00	2.50.00
	50 FLY	50.00	46.00	42.50	40.00	37.50	35.00	33.00	31.00	31.00
	100 FLY				1.23.00	1.20.00	1.18.00	1.15.00	1.11.00	1.08.00
	200 FLY	4.00.00	3.45.00	3.30.00	3.15.00	3.00.00	2.50.00	2.40.00	2.30.00	2.30.00
	100 I.M.	1.45.00	1.35.00	1.30.00						
	200 I.M.	3.50.00	3.30.00	3.15.00	3.05.00	2.53.00	2.45.00	2.40.00	2.37.00	2.35.00
	400 I.M.				6.00.00	5.50.00	5.40.00	5.35.00	5.30.00	5.20.00

	EVENT	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	SENIOR
FEMALE										
	50 FREE	42.00	39.00	37.00	36.00	34.50	33.00	31.00	31.00	31.00
	100 FREE			1.18.50	1.15.00	1.12.50	1.11.00	1.10.50	1.10.00	1.09.00
	200 FREE	3.25.00	3.10.00	2.58.00	2.48.00	2.40.00	2.32.00	2.28.00	2.26.00	2.25.00
	400 FREE		6.05.00	5.47.00	5.35.00	5.25.00	5.15.00	5.10.00	5.06.00	5.05.00
	800 FREE			12.00.00	11.30.00	11.00.00	10.45.00	10.30.00	10.30.00	10.30.00
	1500 FREE				22.45.00	22.00.00	21.30.00	21.15.00	21.15.00	21.15.00
	50 BACK	48.00	45.00	42.00	40.00	38.00	37.00	36.00	36.00	36.00
	100 BACK			1.32.00	1.30.00	1.28.00	1.25.00	1.23.00	1.20.00	1.17.00
	200 BACK	3.50.00	3.30.00	3.15.00	3.10.00	2.55.00	2.52.00	2.49.00	2.48.00	2.44.00
	50 BRST	56.00	53.00	50.00	47.00	45.00	44.00	42.50	42.50	42.50
	100 BRST			1.42.00	1.40.00	1.38.00	1.35.00	1.33.00	1.32.00	1.30.00
	200 BRST	4.10.00	4.00.00	3.50.00	3.42.00	3.32.00	3.22.00	3.12.00	3.05.00	3.02.00
	50 FLY	49.00	44.00	42.00	40.00	38.00	36.00	35.00	35.00	35.00
	100 FLY			1.35.00	1.30.00	1.27.00	1.24.00	1.22.00	1.20.00	1.18.00
	200 FLY	4.00.00	3.45.00	3.30.00	3.20.00	3.10.00	3.00.00	2.55.00	2.52.00	2.48.00
	100 I.M.	1.45.00	1.35.00	1.30.00						
	200 I.M.	3.50.00	3.20.00	3.10.00	3.00.00	2.56.00	2.52.00	2.50.00	2.50.00	2.50.00
	400 I.M.			6.30.00	6.20.00	6.10.00	6.00.00	5.55.00	5.55.00	5.55.00