

British Gas ASA National Championships (Youth, Open & MC) 2013
Ponds Forge International Sports Centre, Sheffield
Tuesday 30th July – Sunday 4th August 2013

Programme of Events

Tuesday 30 th July 2013	Wednesday 31 st July 2013	Thursday 1 st August 2013	Friday 2 nd August 2013	Saturday 3 rd August 2013	Sunday 4 th August 2013
Session One - Heats	Session Three - Heats	Session Six - Heats	Session Eight - Heats	Session Ten - Heats	Session Thirteen - Heats
Mens 100m Butterfly Womens 200m Freestyle MC M 200m Free MC W 200m Free Mens 50m Backstroke Womens 50m Butterfly Mens 400m Freestyle MC W 400m Free MC M 400m Free Womens 200m I.M. MC M 50m Breast MC W 50m Breast Mens 4 x 100m Free Team	Mens 200m Backstroke Womens 100m Backstroke MC M 50m Free MC W 50m Free Mens 100m Breaststroke Womens 100m Butterfly MC M 100m Butterfly MC W 100m Butterfly Mens 200m Freestyle Womens 50m Breaststroke Mens 50m Butterfly MC W 150m IM MC M 150m IM	Mens 200m I.M. Womens 100m Freestyle MC M 100m Back MC W 100m Back Mens 200m Butterfly Womens 200m Breaststroke MC M 200m IM MC W 200m IM Mens 4 x 200m Free Team	Womens 200m Butterfly Mens 100m Freestyle MC W 100m Breast MC M 100m Breast Womens 200m Backstroke Mens 50m Breaststroke MC W 50m Back MC M 50m Back Womens 4 x 200m Free Team	Womens 100m Breaststroke Mens 200m Breaststroke MC W 50m Fly MC M 50m Fly Womens 400m Freestyle Mens 100m Backstroke MC W 100m Free MC M 100m Free Womens 50m Backstroke Womens 4 x 100m Free Team	Womens 400m I.M. Mens 400m I.M. Womens 50m Freestyle Mens 50m Freestyle Womens 4 x 100m Medley Team Mens 4 x 100m Medley Team
	Session Four - Heats			Session Eleven - Heats	
	Womens 800m Free HDW			Mens 1500m Free HDW	
Session Two - Semi-finals & Finals	Session Five - Semi-finals & Finals	Session Seven - Semi-finals & Finals	Session Nine - Semi-finals & Finals	Session Twelve- Semi-finals & Finals	Session Fourteen - Finals
Womens 15/16 200m Free – SF Womens 17/18 200m Free – SF Womens 19+ 200m Free – Final MC W 200m Free - Final MC M 200m Free - Final Mens 15/16 100m Butterfly – SF Mens 17/18 100m Butterfly – SF Mens 19+ 100m Butterfly – Final Womens 15/16 200m I.M. – SF Womens 17/18 200m I.M. – SF Womens 19+ 200m I.M. - Final MC M 400m Free – Final MC W 400m Free - Final Mens 15/16 400m Free – Final Mens 17/18 400m Free – Final Mens 19+ 400m Freestyle - Final Womens 50m Butterfly - Final Mens 50m Backstroke - Final MC W 50m Breast MC M 50m Breast Mens 4 x 100m Free Team - Final	Mens 15/16 200m Back – SF Mens 17/18 200m Back – SF Mens 19+ 200m Back – Final MC W 50m Free - Final MC M 50m Free - Final Womens 15/16 100m Fly – SF Womens 17/18 100m Fly – SF Womens 19+ 100m Fly – Final Mens 15/16 100m Butterfly – Final Mens 17/18 100m Butterfly – Final Womens 15/16 100m Back – SF Womens 17/18 100m Back – SF Womens 19+ 100m Back – Final MC M 100m Butterfly - Final MC W 100m Butterfly - Final Mens 15/16 100m Breast – SF Mens 17/18 100m Breast – SF Mens 19+ 100m Breast – Final Womens 15/16 200m I.M. – Final Womens 17/18 200m I.M. – Final Mens 15/16 200m Freestyle – SF Mens 17/18 200m Freestyle – SF Mens 19+ 200m Freestyle – Final Womens 15/16 200m Free – Final Womens 17/18 200m Free – Final MC M 150m IM - Final MC W 150m IM - Final Womens 50m Breast - Final Mens 50m Butterfly – Final	Mens 15/16 200m Butterfly – SF Mens 17/18 200m Butterfly - SF Mens 19+ 200m Butterfly - Final MC W 100m Back - Final MC M 100m Back - Final Womens 15/16 100m Free – SF Womens 17/18 100m Free - SF Womens 19+ 100m Free - Final Mens 15/16 100m Breast – Final Mens 17/18 100m Breast – Final Womens 15/16 100m Back – Final Womens 17/18 100m Back – Final Mens 15/16 200m Free – Final Mens 17/18 200m Freestyle - Final Womens 15/16 200m Breast – SF Womens 17/18 200m Breast – SF Womens 19+ 200m Breast – Final MC M 200m IM - Final MC W 200m IM - Final Mens 15/16 200m Back – Final Mens 17/18 200m Back – Final Womens 15/16 100m Fly – Final Womens 17/18 100m Fly - Final Mens 15/16 200m I.M. – SF Mens 17/18 200m I.M. - SF Mens 19+ 200m I.M. - Final Mens 4 x 200m Free Team - Final	Womens 15/16 200m Fly – SF Womens 17/18 200m Fly – SF Womens 19+ 200m Fly – Final MC M 100m Breast - Final MC W 100m Breast - Final Womens 15/16 100m Freestyle – SF Mens 17/18 100m Freestyle - SF Mens 19+ 100m Freestyle - Final Womens 15/16 200m Back – SF Womens 17/18 200m Back – SF Womens 19+ 200m Back - Final Mens 15/16 200m Butterfly – Final Mens 17/18 200m Butterfly - Final Womens 15/16 100m Free – Final Womens 17/18 100m Free – Final MC M 50m Back - Final MC W 50m Back - Final Mens 50m Breast - Final Womens 15/16 200m Breast – Final Womens 17/18 200m Breast – Final Mens 15/16 200m I.M. – Final Mens 17/18 200m I.M. - Final Womens 4 x 200m Free – Final	Womens 15/16 200m Fly – Final Womens 17/18 200m Fly – Final Mens 15/16 100m Free – Final Mens 17/18 100m Free – Final MC W 50m Fly - Final MC M 50m Fly - Final Womens 15/16 100m Breast – SF Womens 17/18 100m Breast - SF Womens 19+ 100m Breast – Final Mens 15/16 200m Breast – SF Mens 17/18 200m Breast – SF Mens 19+ 200m Breast – Final Womens 15/16 400m Free – Final Womens 17/18 400m Free – Final Womens 19+ 400m Free - Final MC M 100m Free - Final MC W 100m Free - Final Mens 15/16 100m Backstroke - SF Mens 17/18 100m Backstroke - SF Mens 19+ 100m Backstroke - Final Womens 15/16 200m Back – Final Womens 17/18 200m Back - Final Womens 50m Back - Final Womens 4 x 100m Free - Final	Mens 15/16 50m Freestyle – SF Mens 17/18 50m Freestyle – SF Womens 15/16 50m Free - SF Womens 17/18 50m Free - SF Mens 15/16 200m Breast – Final Mens 17/18 200m Breast – Final Womens 15/16 100m Breast – Final Womens 17/18 100m Breast - Final Mens 15/16 400m I.M. – Final Mens 17/18 400m I.M. – Final Womens 19+ 400m I.M. – Final Womens 15/16 400m I.M. – Final Womens 17/18 400m I.M. - Final Womens 19+ 400m I.M. - Final Mens 15/16 100m Back – Final Mens 17/18 100m Back - Final Womens 15/16 50m Free - Final Womens 17/18 50m Free - Final Womens 19+ 50m Free – Final Mens 15/16 50m Free – Final Mens 17/18 50m Free – Final Mens 19+ 50m Free – Final Womens 4x100m Med – Final Mens 4x100m Med –Final

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