

**British Gas ASA Zonal Championships (50m)  
Saturday 29<sup>th</sup> & Sunday 30<sup>th</sup> January 2011  
Corby East Midlands Pool**

**Programme of Events**

<b>Saturday 29<sup>th</sup> January 2011 Session One - Heats</b>	<b>Saturday 29<sup>th</sup> January 2011 Session Two – Heats</b>	<b>Sunday 30<sup>th</sup> January 2011 Session Three - Heats</b>	<b>Sunday 30<sup>th</sup> January 2011 Session Four - Heats</b>
W 200 Freestyle – H M 400 Freestyle - H W 100 Backstroke – H M 200 Butterfly – H W 200 Individual Medley – H M 100 Breaststroke – H W 100 Butterfly – H	M 200 Freestyle – H W 100 Freestyle – H M 100 Butterfly – H W 200 Breaststroke- H M 200 Backstroke – H W 800 Freestyle – HDW	W 200 Backstroke – H M 50 Freestyle - H W 50 Freestyle – H M 100 Backstroke – H W 100 Breaststroke – H M 400 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke – H	M 100 Freestyle – H W 400 Freestyle – H M 200 Individual Medley- H W 400 Individual Medley - H M 1500 Freestyle – HDW
<b>Finals</b>	<b>Finals</b>	<b>Finals</b>	<b>Finals</b>
W 200 Freestyle – F x 2 M 400 Freestyle – F x 2 W 100 Backstroke – F x 2 M 200 Butterfly – F x 2 W 200 Individual Medley – F x 2 M 100 Breaststroke – F x 2 W 100 Butterfly – F x 2	M 200 Freestyle – F x 2 W 100 Freestyle – F x 2 M 100 Butterfly – F x 2 W 200 Breaststroke- F x 2 M 200 Backstroke – F x 2	W 200 Backstroke – F x 2 M 50 Freestyle – F x 2 W 50 Freestyle – F x 2 M 100 Backstroke – F x 2 W 100 Breaststroke – F x 2 M 400 Individual Medley- F x 2 W 200 Butterfly – F x 2 M 200 Breaststroke – F x 2	M 100 Freestyle – F x 2 W 400 Freestyle – F x 2 M 200 Individual Medley- F x 2 W 400 Individual Medley – F x 2

**Finals will be held for the following ages:  
Boys: 17 & over and 16 & under;  
Girls: 15 & over and 14 & under.**