



Club Championships 2008

Swim Swansea Club Championships 2008 Programme of Events

Friday 19th September

- 100 Girls 400 I.M
- 101 Boys 400 I.M

Warm up 5.30pm
National Pool
Coaches will Select swimmers for this event

Saturday 20th September

- 102 Girls 10yrs/Over 200 IM
- 103 Boys 10yrs/Over 200 IM
- 104 Girls – 11 years / Under 100 IM
- 105 Boys – 11 Years / Under 100 IM
- 106 Girls 10yrs/ Over 200 Free
- 107 Boys 10yrs/ Over 200 Free

Warm up 12pm Start @ 1pm
Penlan

10 Min Swim Down

- 108 Girls – 11 Years / Under 25 Freestyle
- 109 Boys – 11 Years / Under 25 Freestyle
- 110 Girls 10yrs/Over 400 Free
- 111 Boys 10yrs/Over 400 Free
- 112 Girls – 11 Years / Under 25 Breaststroke
- 113 Boys – 11 Years / Under 25 Breaststroke
- 114 Girls 10yrs/Over 200 Breaststroke
- 115 Boys 10yrs/Over 200 Breaststroke

10 Min Swim Down

- 116 Girls 10yrs/Over 200 Fly
- 117 Boys 10yrs/Over 200 Fly
- 118 Girls – 11 Years / Under 25 Butterfly
- 119 Boys – 11 Years / Under 25 Butterfly
- 120 Girls 10yrs/Over 200 Backstroke
- 121 Boys 10yrs/Over 200 Backstroke
- 122 Girls – 11 Years / Under 25 Backstroke
- 123 Boys – 11 Years / Under 25 Backstroke

15 Min Swim Down – Sprint Championships

1. Girls Open 50 Freestyle
2. Boys Open 50 Freestyle
3. Girls Open 50 Breaststroke
4. Boys Open 50 Breaststroke
5. Girls Open 50 Butterfly
6. Boys Open 50 Butterfly
7. Girls Open 50 Backstroke
8. Boys Open 50 Backstroke

Sunday 21st September

- 201 Girls / Boys 10yrs/Over 800 Free
- 202 Boys / Girls 11yrs/Over 1500 Free

Warm Up: 5.00pm Start: 5.30pm
Coaches will select swimmers for these events

All swimmers in National Squad must enter all the 200's / 400 Free / 400 I.M and the 1500 or 800 Free

All Swimmers in Junior Potential and Youth Potential must enter 3 of the stroke 200's / 200 I.M / 400 Free
Swimmers from these squads will be selected by the coaches for the 400 I.M and the 1500 / 800 Free

Swimmers in Junior Development must enter 3 of the stroke 200's and the 200 I.M, plus all the 50's
Swimmers in this squad will not be entered for the 400 Free, 400 I.M / 1500 or 800 Free



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Swim Skills Swimmers are encouraged to enter the 200 Freestyle

25 meter events are only for Fundamentals and selected Swim Skills Swimmers.