

British Gas ASA Championships (50m)
Wednesday 18th – Saturday 21st August 2010
Venue to be confirmed
(Qualifying Meet for the England Commonwealth Games Team)

Programme of Events

Wednesday 18th August 2010	Thursday 19th August 2010	Friday 20th August 2010	Saturday 21st August 2010
Session One - Heats	Session Three - Heats	Session Five - Heats	Session Seven - Heats
W 200 Freestyle – H MD W 50 Freestyle - H MD M 50 Freestyle – H M 50 Backstroke – H W 100 Backstroke – H M 400 Freestyle - H W 200 Individual Medley – H M 200 Butterfly – H MD W 200 Individual Medley - H MD M 200 Individual Medley - H W 50 Breaststroke – H M 100 Breaststroke – H W 100 Butterfly – H MD M 150 Individual Medley - H MD W 150 Individual Medley - H	W 100 Freestyle – H MD M 100 Freestyle - H MD W 100 Freestyle - H M 200 Freestyle – H W 200 Breaststroke- H M 100 Butterfly – H W 50 Backstroke – H M 200 Backstroke – H MD W 100 Breaststroke – H MD M 100 Breaststroke – H W 50 Butterfly – H MD W 50 Breaststroke – H MD M 50 Breaststroke – H	W 200 Backstroke – H MD W 100 Butterfly - H MD M 100 Butterfly - H M 50 Breaststroke – H W 50 Freestyle – H M 50 Freestyle - H W 100 Breaststroke – H M 100 Backstroke – H MD W 400 Freestyle – H MD M 400 Freestyle – H W 800 Freestyle – H (FHIF) M 400 Individual Medley- H MD M 200 Freestyle – H MD W 200 Freestyle – H	M 100 Freestyle – H MD M 100 Backstroke – H MD W 100 Backstroke – H W 400 Freestyle – H M 200 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke – H MD W 50 Backstroke - H MD M 50 Backstroke - H W 400 Individual Medley - H M 1500 Freestyle – H (FHIF) M 50 Butterfly – H MD M 50 Butterfly - H MD W 50 Butterfly - H
Session Two –Finals	Session Four – Finals	Session Six – Finals	Session Eight – Finals
W 200 Freestyle – F MD M 50 Freestyle - F MD W 50 Freestyle - F M 50 Backstroke – F W 100 Backstroke – F M 400 Freestyle - F W 200 Individual Medley – F M 200 Butterfly – F MD M 200 Individual Medley - F MD W 200 Individual Medley - F W 50 Breaststroke – F M 100 Breaststroke – F W 100 Butterfly – F MD W 150 Individual Medley - F MD M 150 Individual Medley - F	W 100 Freestyle – F MD W 100 Freestyle - F MD M 100 Freestyle - F M 200 Freestyle – F W 200 Breaststroke- F M 100 Butterfly – F W 50 Backstroke – F MD W 50 Butterfly - F MD M 50 Butterfly - F M 200 Backstroke – F W 50 Butterfly – F MD W 100 Butterfly - F MD M 100 Butterfly - F	W 200 Backstroke – F MD W 100 Backstroke – F MD M 100 Backstroke – F M 50 Breaststroke – F W 50 Freestyle – F M 50 Freestyle - F W 100 Breaststroke – F M 100 Backstroke – F MD W 400 Freestyle – F MD M 400 Freestyle – F W 800 Freestyle – Fastest Heat M 400 Individual Medley- F MD M 200 Freestyle – F MD W 200 Freestyle – F	M 100 Freestyle – F MD W 100 Breaststroke – F MD M 100 Breaststroke – F W 400 Freestyle – F M 200 Individual Medley- F W 200 Butterfly - F M 200 Breaststroke – F MD W 50 Backstroke - F MD M 50 Backstroke – F W 400 Individual Medley – F M 1500 Freestyle – Fastest Heat M 50 Butterfly – F MD M 50 Breaststroke – F MD W 50 Breaststroke – F