

North Lancashire Swimming Association Age Groups and Championships

Programme of Events 2022

License 2NW221654 & 2NW221655

Session 1			Warm up TBC	Session 2			Warm up TBC
101	Male	400 Freestyle HDW	Age 10 – 15/Ov	201	Female	800 Freestyle HDW	Age 11 – 15/Ov
102	Female	50 Backstroke HEATS	Age 10 – 15/Ov	202	Male	100 Freestyle HEATS	Age 10 – 15/Ov
103	Male	100 Butterfly HEATS	Age 10 – 15/Ov	203	Female	50 Butterfly HEATS	Age 10 – 15/Ov
104	Female	400 IM HDW	Age 11 – 15/Ov	204	Male	200 Breaststroke HDW	Age 10 – 15/Ov
105	Male	100 Butterfly FINAL	OPEN	205	Female	50 Butterfly FINAL	OPEN
106	Female	50 Backstroke FINAL	OPEN	206	Male	100 Freestyle FINAL	OPEN

Session 3			Warm Up TBC	Session 4			Warm Up TBC
301	Female	400 Freestyle HDW	Age 10 – 15/Ov	401	Male	800 Freestyle HDW	Age 11 – 15/Ov
302	Male	50 Backstroke HEATS	Age 10 – 15/Ov	402	Female	100 Freestyle HEATS	Age 10 – 15/Ov
303	Female	100 Butterfly HEATS	Age 10 – 15/Ov	403	Male	50 Butterfly HEATS	Age 10 – 15/Ov
304	Male	400 IM HDW	Age 11 – 15/Ov	404	Female	200 Breaststroke HDW	Age 10 – 15/Ov
305	Female	100 Butterfly FINAL	OPEN	405	Male	50 Butterfly FINAL	OPEN
306	Male	50 Backstroke FINAL	OPEN	406	Female	100 Freestyle FINAL	OPEN

Weekend 2

Session 5			Warm Up TBC	Session 6			Warm Up TBC
501	Female	1500 Freestyle HDW	Age 11 – 15/Ov	601	Male	200 Freestyle HDW	Age 10 – 15/Ov
502	Male	100 Breaststroke HEATS	Age 10 – 15/Ov	602	Female	100 Backstroke HEATS	Age 10 – 15/Ov
503	Female	50m Breaststroke HEATS	Age 10 – 15/Ov	603	Male	100 I.M. HEATS	Age 10 – 15/Ov
504	Male	200 IM HDW	Age 10 – 15/Ov	604	Female	50 Freestyle HEATS	Age 10 – 15/Ov
505	Female	200 Backstroke HDW	Age 10 – 15/Ov	605	Male	200 Butterfly HDW	Age 10 – 15/Ov
506	Male	100 Breaststroke FINAL	OPEN	606	Female	100 Backstroke FINAL	OPEN
507	Female	50 Breaststroke FINAL	OPEN	607	Male	100 IM FINAL	OPEN
				608	Female	50 Freestyle FINAL	OPEN

Session 7			Warm Up TBC	Session 8			Warm Up TBC
701	Male	1500 Freestyle HDW	Age 11 – 15/Ov	801	Female	200 Freestyle HDW	Age 10 – 15/Ov
702	Female	100 Breaststroke HEATS	Age 10 – 15/Ov	802	Male	100 Backstroke HEATS	Age 10 – 15/Ov
703	Male	50 Breaststroke HEATS	Age 11 – 15/Ov	803	Female	100 I.M. HEATS	Age 10 – 15/Ov
704	Female	200 IM HDW	Age 10 – 15/Ov	804	Male	50 Freestyle HEATS	Age 10 – 15/Ov
705	Male	200 Backstroke HDW	Age 10 – 15/Ov	805	Female	200 Butterfly HDW	Age 10 – 15/Ov
706	Female	100 Breaststroke FINAL	OPEN	806	Male	100 Backstroke FINAL	OPEN
707	Male	50 Breaststroke FINAL	OPEN	807	Female	100 I.M. FINAL	OPEN
				808	Male	50 Freestyle FINAL	OPEN

Events shaded are Championship Events