

CCASA Championships / Age Groups
Programme of Sessions and Events 2015

Day one: Sunday 1 February 2015 at Penzance

Ages as at Sunday 8 March 2015

The Teams Relays Gala is not licensed

Day 1, Session 1: Teams relays

Warm up 11 a.m. Start [to be notified]

3.	Female	9 & 10 years	4 x 50m	Medley
4.	Male	9 & 10 years	4 x 50m	Medley
5.	Female	Junior (Under 16)	4 x 100m	Freestyle
6.	Male	Junior (Under 16)	4 x 100m	Freestyle
7.	Female	11 & 12 years	4 x 50m	Medley
8.	Male	11 & 12 years	4 x 50m	Medley
9.	Female	13 & 14 years	4 x 50m	Medley
10.	Male	13 & 14 years	4 x 50m	Medley
11.	Female	Senior (16 & over)	4 x 100m	Freestyle
12.	Male	Senior (16 & over)	4 x 100m	Freestyle

Day 1, Session 2: Teams relays

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than [to be notified]

13.	Female	9 & 10 years	4 x 50m	Freestyle
14.	Male	9 & 10 years	4 x 50m	Freestyle
15.	Female	Junior (Under 16)	4 x 100m	Medley
16.	Male	Junior (Under 16)	4 x 100m	Medley
17.	Female	11 & 12 years	4 x 50m	Freestyle
18.	Male	11 & 12 years	4 x 50m	Freestyle
19.	Female	13 & 14 years	4 x 50m	Freestyle
20.	Male	13 & 14 years	4 x 50m	Freestyle
21.	Female	Senior (16 & over)	4 x 100m	Medley
22.	Male	Senior (16 & over)	4 x 100m	Medley

Day 1, Session 3: Teams relays 4 x 200m

Warm up for 30 minutes following end of the previous session

23.	Female	Youth 15-18 years	4 x 200m	Freestyle
24.	Male	Youth 15-18 years	4 x 200m	Freestyle
25.	Female	14 years & under	4 x 200m	Freestyle
26.	Male	14 years & under	4 x 200m	Freestyle

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Day two: Saturday 7 February at Bodmin

All ages swim together according to seeding

Ages as at Sunday 8 March 2015

Day 2, Session 4:

Warm up 3 p.m.

1. Female 800m Freestyle

Day 2, Session 5:

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than [time to be notified]

2. Male 1,500m Freestyle

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Day three: Saturday 28 February at Penzance

All ages swim together according to seeding

Ages as at Sunday 8 March 2015

Day 3, Session 6: Heats

Warm up 10:30, Start 11:30

27.	Female	200m	Freestyle	Heats
28.	Male	200m	Breaststroke	Heats
29.	Female	100m	Backstroke	Heats
30.	Male	100m	Butterfly	Heats

Day 3, Session 7: Heats

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than 2:00 p.m.

31.	Female	200m	Individual medley	Heats
32.	Male	100m	Individual medley	Heats
33.	Female	50m	Butterfly	Heats
34.	Male	50m	Freestyle	Heats

Day 3, Session 8: Finals

Warm up for 30 minutes following end of the previous session except that warm up will start no earlier than 5:30 p.m.

35.	Female	200m	Freestyle	Junior final
36.	Female	200m	Freestyle	Senior final
37.	Male	200m	Breaststroke	Junior final
38.	Male	200m	Breaststroke	Senior final
39.	Female	100m	Backstroke	Junior final
40.	Female	100m	Backstroke	Senior final
41.	Male	100m	Butterfly	Junior final
42.	Male	100m	Butterfly	Senior final
43.	Female	200m	Individual medley	Junior final
44.	Female	200m	Individual medley	Senior final
45.	Male	100m	Individual medley	Junior final
46.	Male	100m	Individual medley	Senior final
47.	Female	50m	Butterfly	Junior final
48.	Female	50m	Butterfly	Senior final
49.	Male	50m	Freestyle	Junior final
50.	Male	50m	Freestyle	Senior final

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Day four: Sunday 1 March at Bodmin

All ages swim together according to seeding

Ages as at Sunday 8 March 2015

Day 4, Session 9: Heats

Warm up 10:30, Start 11:30

51.	Male	400m	Freestyle	Heat declared winners
52.	Female	200m	Backstroke	Heats
53.	Male	50m	Backstroke	Heats
54.	Female	100m	Freestyle	Heats

Day 4, Session 10: Heats

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than 2:30 p.m.

55.	Female	400m	Individual medley	Heat declared winners
56.	Male	200m	Butterfly	Heats
57.	Female	50m	Breaststroke	Heats
58.	Male	100m	Breaststroke	Heats

Day 4, Session 11: Finals

Warm up for 30 minutes following end of the previous session except that warm up will start no earlier than 5:30 p.m.

59.	Female	200m	Backstroke	Junior final
60.	Female	200m	Backstroke	Senior final
61.	Male	50m	Backstroke	Junior final
62.	Male	50m	Backstroke	Senior final
63.	Female	100m	Freestyle	Junior final
64.	Female	100m	Freestyle	Senior final
65.	Male	200m	Butterfly	Junior final
66.	Male	200m	Butterfly	Senior final
67.	Female	50m	Breaststroke	Junior final
68.	Female	50m	Breaststroke	Senior final
69.	Male	100m	Breaststroke	Junior final
70.	Male	100m	Breaststroke	Senior final

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Day five: Saturday 7 March at Penzance

All ages swim together according to seeding

Ages as at Sunday 8 March 2015

Day 5, Session 12: Heats

Warm up 10:30, Start 11:30

71.	Male	200m	Freestyle	Heats
72.	Female	200m	Breaststroke	Heats
73.	Male	100m	Backstroke	Heats
74.	Female	100m	Butterfly	Heats

Day 5, Session 13: Heats

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than 1:45 p.m.

75.	Male	200m	Individual medley	Heats
76.	Female	100m	Individual medley	Heats
77.	Male	50m	Butterfly	Heats
78.	Female	50m	Freestyle	Heats

Day 5, Session 14: Finals

Warm up for 30 minutes following end of the previous session except that warm up will start no earlier than 5:30 p.m.

79.	Male	200m	Freestyle	Junior final
80.	Male	200m	Freestyle	Senior final
81.	Female	200m	Breaststroke	Junior final
82.	Female	200m	Breaststroke	Senior final
83.	Male	100m	Backstroke	Junior final
84.	Male	100m	Backstroke	Senior final
85.	Female	100m	Butterfly	Junior final
86.	Female	100m	Butterfly	Senior final
87.	Male	200m	Individual medley	Junior final
88.	Male	200m	Individual medley	Senior final
89.	Female	100m	Individual medley	Junior final
90.	Female	100m	Individual medley	Senior final
91.	Male	50m	Butterfly	Junior final
92.	Male	50m	Butterfly	Senior final
93.	Female	50m	Freestyle	Junior final
94.	Female	50m	Freestyle	Senior final

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Day six: Sunday 8 March at Bodmin

All ages swim together according to seeding

Ages as at Sunday 8 March 2015

Day 6, Session 15: Heats

Warm up 10:30, Start 11:30

95.	Female	400m	Freestyle	Heat declared winners
96.	Male	200m	Backstroke	Heats
97.	Female	50m	Backstroke	Heats
98.	Male	100m	Freestyle	Heats

Day 6, Session 16: Heats

Warm up for 1 hour following end of the previous session except that warm up will start no earlier than 2:30 p.m.

99.	Male	400m	Individual medley	Heat declared winners
100.	Female	200m	Butterfly	Heats
101.	Male	50m	Breaststroke	Heats
102.	Female	100m	Breaststroke	Heats

Day 6, Session 17: Finals

Warm up for 30 minutes following end of the previous session except that warm up will start no earlier than 5:00 p.m.

103.	Male	200m	Backstroke	Junior final
104.	Male	200m	Backstroke	Senior final
105.	Female	50m	Backstroke	Junior final
106.	Female	50m	Backstroke	Senior final
107.	Male	100m	Freestyle	Junior final
108.	Male	100m	Freestyle	Senior final
109.	Female	200m	Butterfly	Junior final
110.	Female	200m	Butterfly	Senior final
111.	Male	50m	Breaststroke	Junior final
112.	Male	50m	Breaststroke	Senior final
113.	Female	100m	Breaststroke	Junior final
114.	Female	100m	Breaststroke	Senior final