ASA Championships Ponds Forge International Sports Centre, Sheffield Tuesday 4th – Sunday 9th August 2015



Programme of Events

16.		16	16	16	
Tuesday 4 th August 2015	Wednesday 5 th August 2015	Thursday 6 th August 2015	Friday 7 th August 2015	Saturday 8 th August 2015	Sunday 9 th August 2015
Session One – Heats – 9am Women's 200m Freestyle Men's 100m Butterfly Women's 50m Butterfly Men's 400m I.M. Women's 200m I.M. Men's MC 200m Freestyle Women's MC 200m Freestyle Women's 14/16 4x100m Free Team Men's 17+ 4x100m Free Team Women's 14/16 4x100m Free Team Women's 17+ 4x100m Free Team	Session Three – Heats – 9am Men's 200m Backstroke Women's 100m Backstroke Men's 50m Breaststroke Women's MC 50m Butterfly Men's MC 50m Butterfly Women's 100m Butterfly Women's 100m Backstroke Women's MC 100m Backstroke Men's MC 100m Backstroke Women's 800m Free (Fastest Heat in Finals Session)	Session Five – Heats – 9am Men's 200m I.M. Women's MC 100m Freestyle Men's MC 100m Freestyle Women's 100m Freestyle Women's 200m Butterfly Women's 200m Breaststroke Men's MC 100m Breaststroke Men's MC 100m Breaststroke Women's MC 100m Breaststroke Men's 50m Backstroke Men's 14/16 4 x 200m Free Team Men's 17+ 4 x 200m Free Team	Session Seven – Heats – 9am Women's 200m Butterfly Men's 100m Freestyle Women's 50m Breaststroke Men's MC 200m I.M. Women's MC 200m I.M. Men's 100m Breaststroke Women's 200m Backstroke Women's 200m Backstroke Men's 50m Butterfly Women's MC 50m Freestyle Men's MC 50m Freestyle Women's 14/16 4 x 200m Free Team Women's 17+ 4 x 200m Free Team	Session Nine – Hts 8-30am Men's 200m Breaststroke Women's 400m I.M. Men's MC 400m Freestyle Women's MC 400m Freestyle Men's 100m Backstroke Women's 50m Backstroke	Session Twelve – Heats 9am Women's 400m Freestyle. Men's 400m Freestyle Women's MC 100m Butterfly Men's MC 100m Butterfly Women's 50m Freestyle Men's 50m Freestyle Women's 100m Breaststroke Women's 14/16 4 x 100m Medley Team Women's 14/16 4 x 100m Medley Team Men's 14/16 4 x 100m Medley Team Men's 17+ 4 x 100m Medley Team Men's 17+ 4 x 100m Medley Team
				Session Ten 12-45pm	
				Men's 1500m Free (Fastest Heat in Finals Session)	
Session Two – Finals – 5pm	Session Four – Finals – 5pm	Session Six – Finals – 5pm	Session Eight – Finals- 5pm	Session Eleven- Finals- 5pm	Session Thirteen - Finals
Women's 12/13,14,15,16/17,18+ 200m Free Men's 12/13,14,15,16/17,18+ 100m Butterfly Women's 12/13,14,15,16/17,18+ 200m I.M. Men's MC 200m Freestyle Women's MC 200m Freestyle Men's 12/13,14,15,16/17,18+ 400m I.M. Women's 12/13,14,15,16/17,18+ 50m Butterfly Men's MC 50m Breaststroke Women's MC 50m Breaststroke Men's 14/16 4x100m Free Team Men's 17+ 4x100m Free Team Women's 17+ 4x100m Free Team Women's 17+ 4x100m Free Team	Women's 800m Free Fastest Heat Men's 12/13,14,15,16/17,18+ 200m Back Women's MC 100m Backstroke Men's MC 100m Backstroke Women's 12/13,14,15,16/17, 18+ 100m Back Men's 12/13,14,15,16/17,18+ 50m Breast Women's MC 50m Butterfly Men's MC 50m Butterfly Women's 12/13,14,15,16/17, 18+ 100m Fly Men's 12/13,14,15,16/17,18+ 200m Freestyle	Men's 12/13,14,15,16/17,18+ 200m I.M Women's MC 100m Freestyle Men's MC 100m Freestyle Women's 12/13,14,15,16/17,18+ 100m Free Men's 12/13,14,15,16/17,18+ 200m Butterfly Women's 12/13,14,15,16/17,18+ 200m Breast Men's MC 100m Breaststroke Women's MC 100m Breaststroke Women's MC 100m Breaststroke Men's 12/13,14,15,16/17,18+ 50m Backstroke Men's 14/16 4 x 200m Free Team Men's 17+ 4 x 200m Free Team	Women's 12/13,14,15,16/17,18+ 200m Fly Men's 12/13,14,15,16/17,18+ 100m Freestyle Women's MC 200m I.M. Men's MC 200m I.M. Women's MC 201m I.M. Women's 12/13,14,15,16/17,18+ 200m Back Men's 12/13,14,15,16/17,18+ 100m Breast Women's 12/1350m Breast Women's 15 50m Breast Women's 16 50m Breast Women's 17/18 50m Breast Women's 17/18 50m Breast Women's MC 50m Freestyle Women's MC 50m Freestyle Women's MC 50m Freestyle Men's 12/13,14,15,16/17,18+ 50m Butterfly Women's 14/16 4 x 200m Free Team Women's 17+ 4 x 200m Free Team	Men's 1500m Free Fastest Heat Men's 12/13,14,15,16/17,18+ 200m Breast Women's 12/13,14,15,16/17,18+ 400m I.M. Men's MC 400m Freestyle Women's MC 400m Freestyle Men's 12/13,14,15,16/17,18+ 100m Backstroke Women's 12/13,14,15,16/17,18+ 50m Back Men's MC 50m Backstroke Women's MC 50m Backstroke	Women's 12/13,14,15,16/17,18+ 400m Free Men's 12/13,14,15,16/17,18+ 400m Free Women's 12/13,14,15,16/17,18+ 100m Breast Men's MC 100m Butterfly Women's MC 100m Butterfly Men's 12/13,14,15,16/17,18+ 50m Free Women's MC 150m I.M. Men's MC 150m I.M. Women's 12/13,14,15,16/17,18+ 50m Free Women's 12/13,14,15,16/17,18+ 50m Free Women's 14/16 4 x 100m Medley Team Women's 17+ 4 x 100m Medley Team Men's 14/16 4 x 100m Medley Team Men's 17+ 4 x 100m Medley Team Men's 17+ 4 x 100m Medley Team