

**2013 SOUTH EAST WALES**  
**REGIONAL CHAMPIONSHIPS**  
**PROGRAMME OF EVENTS**

| <b>DAY 1</b><br><b>SATURDAY 2<sup>nd</sup> February</b>  |            |                       |              | <b>DAY 2</b><br><b>SUNDAY 3<sup>rd</sup> FEBRUARY</b> |            |                       |              |
|--|------------|-----------------------|--------------|---|------------|-----------------------|--------------|
| Session 1  |            |                       |              | Session 4   |            |                       |              |
| Warm up 8.30am Start Time TBA  |            |                       |              | Warm up 8.30am Start Time TBA                         |            |                       |              |
| 1  | Heats      | Girls 9/10 : 11/12    | 100m Breast  | 13  | Heats      | Girls 13/14 : 15/over | 100m Breast  |
| 2  | Heats      | Boys 9/11 : 12/13     | 200m IM      | 14  | Heats      | Boys 9/11 : 12/13     | 200m Back    |
| 3  | Heats      | Girls 13/14 : 15/over | 200m Back    | 15  | Heats      | Boys 14/15 : 16/over  | 200m IM      |
| 4  | <b>HDW</b> | Boys 14/15 : 16/over  | 400m IM      | 16  | Heats      | Girls 14 : 15/over    | 50m Free     |
| 1  | Finals     | Girls 9/10 : 11/12    | 100m Breast  | 17  | <b>HDW</b> | Girls 9/10 :11/12     | 400m IM      |
| 2  | Finals     | Boys 9/11 : 12/13     | 200m IM      | 13  | Finals     | Girls 13/14 : 15/over | 100m Breast  |
| 3  | Finals     | Girls 13/14 : 15/over | 200m Back    | 14  | Finals     | Boys 9/11 : 12/13     | 200m Back    |
|  |            |                       |              | 15  | Finals     | Boys 14/15 : 16/over  | 200m IM      |
|  |            |                       |              | 16  | Finals     | Girls 14 : 15/over    | 50m Free     |
|  |            |                       |              |   |            |                       |              |
| Relays   |            |                       |              | Relays  |            |                       |              |
| 51   | <b>HDW</b> | Girls Open Relay      | 4x50m Free   | 55  | <b>HDW</b> | Boys 9-13 Relay       | 4x50m Free   |
| 52   | <b>HDW</b> | Boys 9-15 Relay       | 4x50m Free   | 56  | <b>HDW</b> | Girls 9-10 Relay      | 4x50m Free   |
| 53   | <b>HDW</b> | Girls 9-12 Relay      | 4x50m Medley | 57  | <b>HDW</b> | Boys Open Relay       | 4x50m Medley |
| 54   | <b>HDW</b> | Boys 9-11 Relay       | 4x50m Medley | 58  | <b>HDW</b> | Girls 9-14 Relay      | 4x50m Medley |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
| Session 2  |            |                       |              | Session 5   |            |                       |              |
| Warm up and Start Time TBA   |            |                       |              | Warm up and Start Time TBA                            |            |                       |              |
| 5  | Heats      | Girls 9/10 : 11/12    | 200m Fly     | 18  | Heats      | Girls 9/10 : 11/12    | 100m Back    |
| 6  | Heats      | Boys 14/15 : 16/over  | 100m Back    | 19  | Heats      | Boys 9/11 : 12/13     | 100m Free    |
| 7  | Heats      | Girls 13/14 : 15/over | 100m Free    | 20  | Heats      | Girls 13/14:15/over   | 200m Fly     |
| 8  | <b>HDW</b> | Boys 9/11 : 12/13     | 1500m Free   | 21  | <b>HDW</b> | Boys 14/15 : 16/over  | 1500m Free   |
| 5  | Finals     | Girls 9/10 : 11/12    | 200m Fly     | 18  | Finals     | Girls 9/10 : 11/12    | 100m Back    |
| 6  | Finals     | Boys 14/15 : 16/over  | 100m Back    | 19  | Finals     | Boys 9/11 : 12/13     | 100m Free    |
| 7  | Finals     | Girls 13/14 : 15/over | 100m Free    | 20  | Finals     | Girls 13/14:15/over   | 200m Fly     |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
| Session 3  |            |                       |              | Session 6   |            |                       |              |
| Warm up and Start Time TBA   |            |                       |              | Warm up and Start Time TBA                            |            |                       |              |
| 9  | Heats      | Boys 9/11 : 12/13     | 200m Breast  | 22  | Heats      | Girls 9/10 : 11/12    | 200m Free    |
| 10   | Heats      | Girls 9/10 :11/12     | 100m Fly     | 23  | Heats      | Boys 14/15:16/over    | 200m Breast  |
| 11   | Heats      | Boys 14/15 : 16/over  | 200m Free    | 24  | Heats      | Girls 13/14 : 15/over | 100m Fly     |
| 12   | <b>HDW</b> | Girls 13/14 :15/over  | 400m Free    | 25  | <b>HDW</b> | Boys 9/11 : 12/13     | 400m Free    |
| 9  | Finals     | Boys 9/11 : 12/13     | 200m Breast  | 22  | Finals     | Girls 9/10 : 11/12    | 200m Free    |
| 10   | Finals     | Girls 9/10 :11/12     | 100m Fly     | 23  | Finals     | Boys 14/15:16/over    | 200m Breast  |
| 11   | Finals     | Boys 14/15 : 16/over  | 200m Free    | 24  | Finals     | Girls 13/14 : 15/over | 100m Fly     |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
|  |            |                       |              |   |            |                       |              |
| <p>Age Groups for Individual Events – Ages as at 1<sup>st</sup> April 2013<br/> Girls 9/10, 11/12, 13/14, 15/Over<br/> Boys 9/11, 12/13, 14/15, 16/Over<br/> <b>50m Freestyle events available only to Girls 14yrs and 15/Ov.<br/> Boys 15yrs and 16/Ov.</b></p> |            |                       |              |   |            |                       |              |

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| <b>DAY 3</b><br><b>SATURDAY 9<sup>th</sup> February</b> |            |                       |              | <b>DAY 4</b><br><b>SUNDAY 10<sup>th</sup> February</b> |            |                     |             |
|---|------------|-----------------------|--------------|--|------------|---------------------|-------------|
| Session 7   |            |                       |              | Session 10   |            |                     |             |
| Warm up 8.30am Start Time TBA                           |            |                       |              | Warm up 8.30am Start Time TBA                          |            |                     |             |
| 26  | Heats      | Boys 9/11 : 12/13     | 100m Breast  | 38   | Heats      | Boys 14/15 : 16/ov  | 100m Breast |
| 27  | Heats      | Girls 9/10 : 11/12    | 200m IM      | 39   | Heats      | Girls 9/10 : 11/12  | 200m Back   |
| 28  | Heats      | Boys 14/15 : 16/Over  | 200m Back    | 40   | Heats      | Girls 13/14 : 15/ov | 200m IM     |
| 29  | <b>HDW</b> | Girls 13/14 : 15/Over | 400m IM      | 41   | Heats      | Boys 15 : 16/over   | 50m Free    |
| 26  | Finals     | Boys 9/11 : 12/13     | 100m Breast  | 42   | <b>HDW</b> | Boys 9/11 : 12/13   | 400m IM     |
| 27  | Finals     | Girls 9/10 : 11/12    | 200m IM      | 38   | Finals     | Boys 14/15 : 16/ov  | 100m Breast |
| 28  | Finals     | Boys 14/15 : 16/Over  | 200m Back    | 39   | Finals     | Girls 9/10 : 11/12  | 200m Back   |
|   |            |                       |              | 40   | Finals     | Girls 13/14 : 15/ov | 200m IM     |
|   |            |                       |              | 41   | Finals     | Boys 15 : 16/over   | 50m Free    |
|   |            |                       |              |  |            |                     |             |
| Relays  |            |                       |              | Relays   |            |                     |             |
| 59  | <b>HDW</b> | Boys 9-15 Relay       | 4x50m Medley | 63   | <b>HDW</b> | Girls 9 & 10 Relay  | 4x50 Medley |
| 60  | <b>HDW</b> | Girls Open Relay      | 4x50m Medley | 64   | <b>HDW</b> | Boys 9-13 Relay     | 4x50 Medley |
| 61  | <b>HDW</b> | Boys 9-11 Relay       | 4x50m Free   | 65   | <b>HDW</b> | Girls 9-14 Relay    | 4x50m Free  |
| 62  | <b>HDW</b> | Girls 9-12 Relay      | 4x50m Free   | 66   | <b>HDW</b> | Boys Open Relay     | 4x50m Free  |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
| Session 8   |            |                       |              | Session 11   |            |                     |             |
| Warm up and Start Time TBA                              |            |                       |              | Warm up and Start Time TBA                             |            |                     |             |
| 30  | Heats      | Boys 9/11 : 12/13     | 200m Fly     | 43   | Heats      | Boys 9/11 : 12/13   | 100m Back   |
| 31  | Heats      | Girls 13/14 : 15/ov   | 100m Back    | 44   | Heats      | Girls 9/10 : 11/12  | 100m Free   |
| 32  | Heats      | Boys 14/15 : 16/ov    | 100m Free    | 45   | Heats      | Boys 14/15 : 16/ov  | 200m Fly    |
| 33  | HDW        | Girls 9/10 : 11/12    | 800m Free    | 46   | <b>HDW</b> | Girls 13/14 : 15/ov | 800m Free   |
| 30  | Finals     | Boys 9/11 : 12/13     | 200m Fly     | 43   | Finals     | Boys 9/11 : 12/13   | 100m Back   |
| 31  | Finals     | Girls 13/14 : 15/ov   | 100m Back    | 44   | Finals     | Girls 9/10 : 11/12  | 100m Free   |
| 32  | Finals     | Boys 14/15 : 16/ov    | 100m Free    | 45   | Finals     | Boys 14/15 : 16/ov  | 200m Fly    |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
| Session 9   |            |                       |              | Session 12   |            |                     |             |
| Warm up and Start Time TBA                              |            |                       |              | Warm up and Start Time TBA                             |            |                     |             |
| 34  | Heats      | Girls 9/10 : 11/12    | 200m Breast  | 47   | Heats      | Boys 9/11 : 12/13   | 200m Free   |
| 35  | Heats      | Boys 9/11 : 12/13     | 100m Fly     | 48   | Heats      | Girls 13/14 : 15/ov | 200m Breast |
| 36  | Heats      | Girls 13/14 : 15/ov   | 200m Free    | 49   | Heats      | Boys 14/15 : 16/ov  | 100m Fly    |
| 37  | <b>HDW</b> | Boys 14/15 : 16/ov    | 400m Free    | 50   | <b>HDW</b> | Girls 9/10 : 11/12  | 400m Free   |
| 34  | Finals     | Girls 9/10 : 11/12    | 200m Breast  | 47   | Finals     | Boys 9/11 : 12/13   | 200m Free   |
| 35  | Finals     | Boys 9/11 : 12/13     | 100m Fly     | 48   | Finals     | Girls 13/14 : 15/ov | 200m Breast |
| 36  | Finals     | Girls 13/14 : 15/ov   | 200m Free    | 49   | Finals     | Boys 14/15 : 16/ov  | 100m Fly    |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |
|   |            |                       |              |  |            |                     |             |

Age Groups for Individual Events – Ages as at 1<sup>st</sup> April 2013  
 Girls 9/10, 11/12, 13/14, 15/Over  
 Boys 9/11, 12/13, 14/15, 16/Over  
 50m Freestyle events available only to Girls 14yrs and 15/Ov.  
 Boys 15yrs and 16/Ov.