

# NORTH MIDLANDS ASA CHAMPIONSHIPS – 2009

## ALL GALAS TO BE HELD AT MACCLESFIELD

### GALA 1 Sat. – Jan 10<sup>th</sup>

Warm Up: 8.30 a.m. for 9.30 a.m. start

1. 10yrs + Mixed 800m Free
2. 9yrs + Mens 50m Back

### GALA 2 Sat – Jan 10<sup>th</sup>

Warm up: 12.30 p.m. for 1.30 p.m. start

1. 9yrs + Mens 200m Breast
2. 9yrs + Ladies 200m Back
3. 9yrs + Mens 50m Free
4. 10yrs + Ladies 100m Free

### GALA 3 Sat - Jan 10<sup>th</sup>

Warm up: 4.30 p.m. for 5.30 p.m. start

1. 11yrs + Mens 100m Back
2. 9yrs + Ladies 4x25m IM
3. 9yrs + Mens 50m Breast
4. 9yrs + Ladies 50m Free

### GALA 4 Sat – Jan 24<sup>th</sup>

Warm up: 8.00 a.m. for 9.00 a.m. start

1. 11yrs + Mens 400m IM
2. 9yrs + Ladies 200m Fly
3. 11yrs + Mens 100m Breast
4. 9yrs + Ladies 4x50m IM
5. 11yrs + Mens 100m Free

### GALA 5 Sat – Jan 24<sup>th</sup>

Warm up: 12.00noon for 1.00 p.m. start

1. 10yrs + Ladies 400m IM
2. 9yrs + Mens 200m Fly
3. 10yrs + Ladies 100m Breast
4. 9yrs + Mens 4x50m IM
5. 9yrs + Ladies 50m Back

### GALA 6 Sat - Jan 24<sup>th</sup>

Warm up: 4.15 p.m. for 5.00 p.m. start

1. 11yrs+ Mixed 1500m Free

### GALA 7 Sun - Jan 25<sup>th</sup>

Warm up: 8.30 a.m. for 9.30 a.m. start

1. 9yrs+ Ladies 50m Fly
2. 9yrs + Mens 200m Back
3. 10yrs +Ladies 400m Free
4. 9yrs + Mens 200m Free

### GALA 8 Sun – Jan 25<sup>th</sup>

Warm up: 12.15 p.m. for 1.15 p.m. start

1. 9yrs + Ladies 200m Breast
2. 11yrs+ Mens 400m Free
3. 10yrs +Ladies 100m Fly
4. 11yrs +Mens 100m Fly
5. 10yrs+ Ladies 100m Back

### GALA 9 Sun – Jan 25<sup>th</sup>

Warm up: 4.15 p.m. for 5.15 p.m. start

1. 9yrs + Ladies 200m Free
2. 9yrs + Mens 4x25m IM
3. 9yrs + Ladies 50m Breast
4. 9yrs + Mens 50m Fly

\* All events HDW

\* Entry Fee - £3.75 an event

\* Age as at: 25<sup>th</sup> Jan. 2009

CLOSING DATE FOR ENTRIES TUESDAY, NOVEMBER 18<sup>TH</sup> 2008