

**Region Championships 2019 – Gala 3**  
Ponds Forge ISC (50m) Sheffield 18<sup>th</sup> & 19<sup>th</sup> May  
(LicenseTBC)  
**Meet Schedule**

Heats: Swimmers 14yrs/over – Finals: 14yrs, 15yrs,16yrs 17yrs/over (400m finals 14/15yrs,16yrs/over) Relays: 14/16yrs & 17yrs/over							
			Saturday 18 <sup>th</sup> May				Sunday 19 <sup>th</sup> May
Session 1	HEATS		Start 9:00am	Session 4	HEATS		Start 9:00am
101	Women	400m	Freestyle	401	Men	400m	Freestyle
102	Men	200m	Freestyle	402	Women	200m	Freestyle
103	Women	100m	Backstroke	403	Men	100m	Backstroke
104	Men	100m	Breaststroke	404	Women	100m	Breaststroke
105	Women	200m	Individual Medley	405	Men	200m	Individual Medley
Session 2	HEATS		Start TBA	Session 5	HEATS		Start TBA
201	Men	400m	Individual Medley	501	Women	400m	Individual Medley
202	Women	200m	Butterfly	502	Men	200m	Butterfly
203	Men	200m	Backstroke	503	Women	200m	Backstroke
204	Women	100m	Freestyle	504	Men	100m	Freestyle
205	Men	100m	Butterfly	505	Women	100m	Butterfly
206	Women	200m	Breaststroke	506	Men	200m	Breaststroke
Session3	FINALS		Start TBA	Session 6	FINALS		Start TBA
301	Women 14/16	400m	Medley Team HDW	601	Men 14/16	400m	Medley Team HDW
302	Women 17/OV	400m	Medley Team HDW	602	Men 17/OV	400m	Medley Team HDW
303	Men 14/16	400m	Freestyle Team HDW	603	Women 14/16	400m	Freestyle Team HDW
304	Men 17/OV	400m	Freestyle Team HDW	604	Women 17/OV	400m	Freestyle Team HDW
305-306	Women	400m	Freestyle	605-606	Men	400m	Freestyle
307-310	Men	200m	Freestyle	607-610	Women	200m	Freestyle
311-314	Women	100m	Backstroke	611-614	Men	100m	Backstroke
315-318	Men	100m	Breaststroke	615-618	Women	100m	Breaststroke
319-322	Women	200m	Individual Medley	619-622	Men	200m	Individual Medley
323-324	Men	400m	Individual Medley	623-624	Women	400m	Individual Medley
325-328	Women	200m	Butterfly	625-628	Men	200m	Butterfly
329-332	Men	200m	Backstroke	629-632	Women	200m	Backstroke
333-336	Women	100m	Freestyle	633-636	Men	100m	Freestyle
337-340	Men	100m	Butterfly	637-640	Women	100m	Butterfly
341-344	Women	200m	Breaststroke	641-644	Men	200m	Breaststroke

- Entry must be made via the competitors club using the on-line entry system