



# Staffordshire County Championships 2023

Day 1 - Saturday 21st January 2023

Session 1

Staffordshire ASA is affiliated to ASA West Midlands Region.  
Competition is held under Swim England Regulations and Technical Rules and World Para Swimming rules, where they apply.

## Warm up

Event	Gender	Stroke	Length	Ages
101	WOMEN	FLY	50	10/11, 12, 13, 14, 15, 16/0V
102	MEN	BREAST	50	10/11, 12, 13, 14, 15, 16/0V
103	WOMEN	BACK	50	10/11, 12, 13, 14, 15, 16/0V
104	MEN	FREE	50	10/11, 12, 13, 14, 15, 16/0V
105	WOMEN	FREE	1500	10/11, 12, 13, 14, 15, 16/0V

## Break (105 recovery, 15 minutes)

106	MEN	BREAST	50	Championship Final
107	WOMEN	FLY	50	Championship Final
108	MEN	FREE	50	Championship Final
109	WOMEN	BACK	50	Championship Final

## Warm up / break (60 minutes)

110	WOMEN	FLY	50	Age Group Final 10/11
111	WOMEN	FLY	50	Age Group Final 12
112	WOMEN	FLY	50	Age Group Final 13
113	WOMEN	FLY	50	Age Group Final 14
114	WOMEN	FLY	50	Age Group Final 15
115	WOMEN	FLY	50	Age Group Final 16/0V
116	MEN	BREAST	50	Age Group Final 10/11
117	MEN	BREAST	50	Age Group Final 12
118	MEN	BREAST	50	Age Group Final 13
119	MEN	BREAST	50	Age Group Final 14
120	MEN	BREAST	50	Age Group Final 15
121	MEN	BREAST	50	Age Group Final 16/0V
122	WOMEN	BACK	50	Age Group Final 10/11
123	WOMEN	BACK	50	Age Group Final 12

124	WOMEN	BACK	50	Age Group Final 13
125	WOMEN	BACK	50	Age Group Final 14
126	WOMEN	BACK	50	Age Group Final 15
127	WOMEN	BACK	50	Age Group Final 16/OV
128	MEN	FREE	50	Age Group Final 10/11
129	MEN	FREE	50	Age Group Final 12
130	MEN	FREE	50	Age Group Final 13
131	MEN	FREE	50	Age Group Final 14
132	MEN	FREE	50	Age Group Final 15
133	MEN	FREE	50	Age Group Final 16/OV