



# Staffordshire County Championships 2023

Day 5 - Saturday 11th February 2023

Session 5

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
501	WOMEN	BACK	100	10/11, 12, 13, 14, 15, 16/0V
502	MEN	FREE	100	10/11, 12, 13, 14, 15, 16/0V
503	WOMEN	IM	400	10/11, 12, 13, 14, 15, 16/0V
504	MEN	FREE	800	10/11, 12, 13, 14, 15, 16/0V

## Break (504 recovery, 15 minutes)

505	WOMEN	BACK	100	Championship Final
506	MEN	FREE	100	Championship Final
507	WOMEN	BACK	100	Age Group Final 10/11
508	WOMEN	BACK	100	Age Group Final 12
509	WOMEN	BACK	100	Age Group Final 13
510	WOMEN	BACK	100	Age Group Final 14
511	WOMEN	BACK	100	Age Group Final 15
512	WOMEN	BACK	100	Age Group Final 16/0V
513	MEN	FREE	100	Age Group Final 10/11
514	MEN	FREE	100	Age Group Final 12
515	MEN	FREE	100	Age Group Final 13
516	MEN	FREE	100	Age Group Final 14
517	MEN	FREE	100	Age Group Final 15
518	MEN	FREE	100	Age Group Final 16/0V

## Warm up / break (60 minutes)

519	WOMEN	FLY	200	10/11, 12, 13, 14, 15, 16/0V
520	MEN	IM	200	10/11, 12, 13, 14, 15, 16/0V
521	WOMEN	IM	100	10/11, 12, 13, 14, 15, 16/0V