



# Staffordshire County Championships 2023

Day 6 - Sunday 12th February 2023

Session 6

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
601	MEN	BACK	100	10/11, 12, 13, 14, 15, 16/0V
602	WOMEN	FREE	100	10/11, 12, 13, 14, 15, 16/0V
603	MEN	IM	400	10/11, 12, 13, 14, 15, 16/0V
604	WOMEN	FREE	800	10/11, 12, 13, 14, 15, 16/0V

## Break (604 recovery, 15 minutes)

605	MEN	BACK	100	Championship Final
606	WOMEN	FREE	100	Championship Final
607	MEN	BACK	100	Age Group Final 10/11
608	MEN	BACK	100	Age Group Final 12
609	MEN	BACK	100	Age Group Final 13
610	MEN	BACK	100	Age Group Final 14
611	MEN	BACK	100	Age Group Final 15
612	MEN	BACK	100	Age Group Final 16/0V
613	WOMEN	FREE	100	Age Group Final 10/11
614	WOMEN	FREE	100	Age Group Final 12
615	WOMEN	FREE	100	Age Group Final 13
616	WOMEN	FREE	100	Age Group Final 14
617	WOMEN	FREE	100	Age Group Final 15
618	WOMEN	FREE	100	Age Group Final 16/0V

## Warm up / break (60 minutes)

619	MEN	FLY	200	10/11, 12, 13, 14, 15, 16/0V
620	WOMEN	IM	200	10/11, 12, 13, 14, 15, 16/0V
621	MEN	IM	100	10/11, 12, 13, 14, 15, 16/0V