

British Gas Swimming Championships (50m) 2010
Ponds Forge, Sheffield
29th March- 3rd April 2010
Schedule of Events

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
29 March 2010	30 March 2010	31 March 2010	1 April 2010	2 March 2010	3 March 2010
Session 1:	Session 3:	Session 5:	Session 7:	Session 9:	Session 11:
W 200 Freestyle – H M 50 Backstroke – H W 50 Butterfly – H M 400 Freestyle – H W 200 Individual Medley – H M 200 Butterfly - H W 50 Breaststroke – H MD W 400 Freestyle – H MD M 400 Freestyle – H MD M 200 Freestyle – H MD W 200 Freestyle – H	M 50 Butterfly – H W 100 Backstroke – H M 100 Breaststroke – H MD W 50 Freestyle - H W 100 Freestyle – H M 200 Freestyle – H MD M 100 Breaststroke – H MD W 100 Breaststroke – H MD M 50 Backstroke - H	W 800 Freestyle – H M 100 Freestyle - H W 100 Butterfly – H M 200 Backstroke – H W 200 Breaststroke – H MD M 50 Freestyle – H MD W 100 Backstroke – H MD M 100 Butterfly - H MD W 50 Backstroke - H	M 50 Breaststroke – H W 50 Backstroke – H M 100 Butterfly – H W 100 Breaststroke – H MD W 100 Freestyle - H M 100 Backstroke – H W 50 Freestyle – H M 400 Individual Medley - H MD M 50 Butterfly - H MD W 50 Butterfly – H	M 50 Freestyle – H W 200 Backstroke- H MD M 100 Backstroke – H M 1500 Freestyle – H W 400 Freestyle – H M 200 Individual Medley - H MD W 200 Individual Medley - H MD M 200 Individual Medley - H MD M 150 Individual Medley - H MD W 150 Individual Medley - H	W 200 Butterfly – H MD W 100 Butterfly - H M 200 Breaststroke - H W 400 Individual Medley – H MD M 100 Freestyle - H MD W 50 Breaststroke – H MD M 50 Breaststroke – H
Session 2:	Session 4:	Session 6:	Session 8:	Session 10:	Session 12:
W 200 Freestyle – F M 50 Backstroke - SF W 50 Butterfly – SF M 400 Freestyle – F W 200 IM – F M 200 Butterfly - F W 50 Breaststroke – SF M 4 x100 Freestyle – HDW MD W 400 Freestyle – F MD M 400 Freestyle – F MD M 200 Freestyle – F MD W 200 Freestyle – F	W 50 Butterfly – F M 50 Backstroke – F W 50 Breaststroke – F M 50 Butterfly – SF MD W 50 Freestyle - F M100 Breaststroke - SF W 100 Freestyle – SF M 200 Freestyle – F W 100 Backstroke – SF MD M 100 Breaststroke – F MD W 100 Breaststroke – F MD M 50 Backstroke - F	M 200 Backstroke – F W 100 Freestyle – F M 100 Freestyle – SF W 100 Butterfly – SF MD M 50 Freestyle - F W 200 Breaststroke – F M 50 Butterfly – F W 100 Backstroke - F M 100 Breaststroke - F W 4 x 200 Freestyle - HDW M 4 x 200 Freestyle – HDW MD W 100 Backstroke – F MD M 100 Butterfly - F MD W 50 Backstroke - F	W 100 Butterfly – F M 50 Breaststroke – SF W 50 Backstroke - SF M 100 Freestyle – F W 100 Breaststroke – SF M 100 Backstroke – SF W 50 Freestyle - SF M 100 Butterfly – SF MD W 100 Freestyle - F M 400 Individual Medley - F W 800 Freestyle – F MD M 50 Butterfly - F MD W 50 Butterfly - F	M 100 Butterfly – F W 50- Freestyle- F M 50 Breaststroke – F W 200 Backstroke – F M 50 Freestyle – SF W 100 Breaststroke – F M 100 Backstroke- F W 400 Freestyle – F MD M 100 Backstroke – F W 50 Backstroke - F M 200 Individual Medley – F W 4 x 100 Freestyle – HDW MD M 200 Individual Medley - F MD W 200 Individual Medley - F MD W 150 Individual Medley - F MD M 150 Individual Medley - F	M 50m Freestyle - F W 200 Butterfly – F MD W 100 Butterfly - F M 200 Breaststroke - F W 400 Individual Medley – F MD M 100 Freestyle - F M 1500 Freestyle - F W 4 x100 Medley -HDW M 4 x 100 Medley - HDW MD W 50 Breaststroke – F MD M 50 Breaststroke – F