

British Gas ASA Championships (50m)
Wednesday 18th – Saturday 21st August 2010
Venue to be confirmed
(Qualifying Meet for the England Commonwealth Games Team)

Programme of Events

Wednesday 18 th August 2010 Session One - Heats	Thursday 19 th August 2010 Session Three - Heats	Friday 20 th August 2010 Session Five - Heats	Saturday 21 st August 2010 Session Seven - Heats
W 200 Freestyle – H M 50 Backstroke – H W 100 Backstroke – H M 400 Freestyle - H W 200 Individual Medley – H M 200 Butterfly - H W 50 Breaststroke – H M 100 Breaststroke – H W 100 Butterfly – H	W 100 Freestyle – H M 200 Freestyle – H W 200 Breaststroke- H M 100 Butterfly – H W 50 Backstroke – H M 200 Backstroke – H W 50 Butterfly – H	W 200 Backstroke - H M 50 Breaststroke – H W 50 Freestyle – H M 50 Freestyle - H W 100 Breaststroke – H M 100 Backstroke – H W 800 Freestyle – H (FHIF) M 400 Individual Medley- H	M 100 Freestyle – H W 400 Freestyle – H M 200 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke - H W 400 Individual Medley - H M 1500 Freestyle – H (FHIF) M 50 Butterfly - H
Session Two – Finals	Session Four – Finals	Session Six – Finals	Session Eight – Finals
W 200 Freestyle – F M 50 Backstroke – F W 100 Backstroke – F M 400 Freestyle - F W 200 Individual Medley – F M 200 Butterfly - F W 50 Breaststroke – F M 100 Breaststroke – F W 100 Butterfly – F	W 100 Freestyle – F M 200 Freestyle – F W 200 Breaststroke- F M 100 Butterfly – F W 50 Backstroke – F M 200 Backstroke – F W 50 Butterfly – F	W 200 Backstroke - F M 50 Breaststroke – F W 50 Freestyle – F M 50 Freestyle - F W 100 Breaststroke – F M 100 Backstroke – F W 800 Freestyle – Fastest Heat M 400 Individual Medley- F	M 100 Freestyle – F W 400 Freestyle – F M 200 Individual Medley- F W 200 Butterfly - F M 200 Breaststroke - F W 400 Individual Medley - F M 1500 Freestyle – Fastest Heat M 50 Butterfly - F