

**Regional Championships 2020 – Gala 3**  
**Ponds Forge ISC (50m) Sheffield**  
**9<sup>th</sup> & 10<sup>th</sup> May 2020**  
 (LicenseTBC)

## Meet Schedule

Heats: Swimmers 15yrs/over							
Finals: 50m-200m events: 15yrs, 16yrs, 17yrs/over 400m events:15yrs/over							
Relays: 14/16yrs, 17yrs/over							
Saturday 9th May 2020				Sunday 10th May 2020			
Session 1 (Start: 9.00 am)				Session 1 (Start: 9.00 am)			
Event	Stroke/Distance	Type		Event	Stroke/Distance	Type	
401	Girls	400m Freestyle	Heats	501	Boys	400m Freestyle	Heats
402	Boys	100m Butterfly	Heats	502	Girls	100m Butterfly	Heats
403	Girls	50m Breaststroke	Heats	503	Boys	50m Breaststroke	Heats
404	Boys	100m Breaststroke	Heats	504	Girls	100m Breaststroke	Heats
405	Girls	200m Individual Medley	Heats	505	Boys	200m Individual Medley	Heats
406	Boys	200m Freestyle	Heats	506	Girls	200m Freestyle	Heats
407	Girls	100m Backstroke	Heats	507	Boys	100m Backstroke	Heats
408	Boys	50m Backstroke	Heats	508	Girls	50m Backstroke	Heats
409	Girls	800m Freestyle Team	14/16 HDW	509	Boys	800m Freestyle Team	14/16 HDW
410	Girls	800m Freestyle Team	17/OV HDW	510	Boys	800m Freestyle Team	17/OV HDW
Session 2 (Start TBC)				Session 2 (Start TBC)			
411	Girls	200m Butterfly	Heats	511	Boys	200m Butterfly	Heats
412	Boys	400m Individual Medley	Heats	512	Girls	400m Individual Medley	Heats
413	Girls	100m Freestyle	Heats	513	Boys	100m Freestyle	Heats
414	Boys	50m Freestyle	Heats	514	Girls	50m Freestyle	Heats
415	Girls	200m Breaststroke	Heats	515	Boys	200m Breaststroke	Heats
416	Boys	200m Backstroke	Heats	516	Girls	200m Backstroke	Heats
417	Girls	50m Butterfly	Heats	517	Boys	50m Butterfly	Heats
418	Boys	400 Medley Team	14/16 HDW	518	Girls	400 Medley Team	14/16 HDW
419	Boys	400 Medley Team	17/OV HDW	519	Girls	400 Medley Team	17/OV HDW
420	Girls	400 Freestyle Team	14/16 HDW	520	Boys	400 Freestyle Team	14/16 HDW
421	Girls	400 Freestyle Team	17/Ov HDW	521	Boys	400 Freestyle Team	17/Ov HDW
Finals (Start - TBC)				Finals (Start - TBC)			
422	Girls	400m Freestyle	15/Ov	522	Boys	400m Freestyle	15/Ov
423-425	Boys	100m Butterfly	15,16,17/OV	523-525	Girls	100m Butterfly	15,16,17/OV
426-428	Girls	50m Breaststroke	15,16,17/OV	526-528	Boys	50m Breaststroke	15,16,17/OV
429-431	Boys	100m Breaststroke	15,16,17/OV	529-531	Girls	100m Breaststroke	15,16,17/OV
432-434	Girls	200m Individual Medley	15,16,17/OV	532-534	Boys	200m Individual Medley	15,16,17/OV
435-437	Boys	200m Freestyle	15,16,17/OV	535-537	Girls	200m Freestyle	15,16,17/OV
438-440	Girls	100m Backstroke	15,16,17/OV	538-540	Boys	100m Backstroke	15,16,17/OV
441-443	Boys	50m Backstroke	15,16,17/OV	541-543	Girls	50m Backstroke	15,16,17/OV
444-446	Girls	200m Butterfly	15,16,17/OV	544-546	Boys	200m Butterfly	15,16,17/OV
447	Boys	400m Individual Medley	15/Ov	547	Girls	400m Individual Medley	15/Ov
448-450	Girls	100m Freestyle	15,16,17/OV	548-550	Boys	100m Freestyle	15,16,17/OV
451-452	Boys	50m Freestyle	15,16,17/OV	551-552	Girls	50m Freestyle	15,16,17/OV
453-455	Girls	200m Breaststroke	15,16,17/OV	553-555	Boys	200m Breaststroke	15,16,17/OV
456-458	Boys	200m Backstroke	15,16,17/OV	556-558	Girls	200m Backstroke	15,16,17/OV
459-462	Girls	50m Butterfly	15,16,17/OV	559-562	Boys	50m Butterfly	15,16,17/OV