

ASA National Summer Meet (50M)
Ponds Forge International Sports Centre, Sheffield
Monday 1st – Friday 5th August 2016



Programme of Events

Monday 1 st August 2016	Tuesday 2 nd August 2016	Wednesday 3 rd August 2016	Thursday 4 th August 2016	Friday 5 th August 2016
Session One – Heats – 9am	Session Three – Heats – 9am	Session Six – Heats – 9am	Session Eight – Heats – 9am	Session Ten – Hts 8-30am
Men's MC 100m Freestyle Women's MC 100m Freestyle Men's 100m Breaststroke Women's 100m Breaststroke Men's MC 50m Breaststroke Women's MC 50m Breaststroke Men's 200m Freestyle Women's 200m Freestyle Men's MC 100m Breaststroke Women's MC 100m Breaststroke Men's 400m I.M. Women's 400m I.M.	Men's MC 200m I.M. Women's MC 200m I.M. Men's 50m Freestyle Women's 50m Freestyle Men's MC 50m Freestyle Women's MC 50m Freestyle Men's 100m Butterfly Women's 100m Butterfly Men's 200m Breaststroke Women's 200m Breaststroke Men's MC 150m I.M. Women's MC 150m I.M.	Men's 100m Freestyle Women's 400m Freestyle Men's MC 400m Freestyle Women's MC 400m Freestyle Men's 50m Backstroke Women's 50m Backstroke Men's MC 50m Backstroke Women's MC 50m Backstroke Men's 200m I.M. Women's 200m I.M.	Men's 200m Butterfly Women's 200m Butterfly Men's MC 200m Freestyle Women's MC 200m Freestyle Men's 50m Breaststroke Women's 50m Breaststroke Men's MC 100m Butterfly Women's MC 100m Butterfly Men's 100m Backstroke Women's 100m Backstroke Men's 400m Freestyle Women's 100m Freestyle.	Men's 200m Backstroke Women's 200m Backstroke Men's MC 100m Backstroke Women's MC 100m Backstroke Men's 50m Butterfly Women's 50m Butterfly Men's MC 50m Butterfly Women's MC 50m Butterfly Women's 800m Free
	Session Four – Heats – 1pm			
	Men's 1500m Free			
Session Two – Finals – 5pm	Session Five – Finals – 5pm	Session Seven – Finals – 5pm	Session Nine – Finals- 5pm	Session Eleven- Finals- 3pm
Men's MC 100m Freestyle Women's MC 100m Freestyle Men's 13/14,15,16,17,18+ 100m Breast Women's 12/13,14,15,16,17+ 100m Breast Men's MC 50m Breaststroke Women's MC 50m Breaststroke Men's 13/14,15,16,17,18+ 200m Freestyle Women's 12/13,14,15,16,17+ 200m Free Men's MC 100m Breaststroke Women's MC 100m Breaststroke Men's 13/14,15,16,17,18+ 400m I.M. Women's 12/13,14,15,16,17+ 400m I.M.	Men's MC 200m I.M. Women's MC 200m I.M. Men's 13/14,15,16,17,18+ 50m Freestyle Women's 12/13,14,15,16,17+ 50m Freestyle Men's MC 50m Freestyle Women's MC 50m Freestyle Men's 13/14,15,16,17,18+ 100m Butterfly Women's 12/13,14,15,16,17+ 100m Fly Men's 13/14,15,16,17,18+ 200m Breast Women's 12/13,14,15,16,17+ 200m Breast Men's MC 150m I.M. Women's MC 150m I.M.	Men's MC 400m Freestyle Women's MC 400m Freestyle Men's 13/14,15,16,17,18+ 50m Back Women's 12/13,14,15,16,17+ 50m Back Men's MC 50m Backstroke Women's MC 50m Backstroke Men's 13/14,15,16,17,18+ 100m Freestyle Women's 12/13,14,15,16,17+ 400m Free Men's 13/14,15,16,17,18+ 200m I.M. Women's 12/13,14,15,16,17+ 200m I.M.	Men's 13/14,15,16,17,18+ 100m Backstroke Women's 12/13,14,15,16,17+ 100m Back Men's 13/14,15,16,17,18+ 50m Breaststroke Women's 12/13,14,15,16,17+ 50m Breaststroke Men's MC 200m Freestyle Women's MC 200m Freestyle Men's 13/14,15,16,17,18+ 200m Butterfly Women's 12/13,14,15,16,17+ 200m Fly Men's MC 100m Butterfly Women's MC 100m Butterfly Men's 13/14,15,16,17,18+ 400m Free Women's 12/13,14,15,16,17+ 100m Free	Men's MC 100m Backstroke Women's MC 100m Backstroke Men's 13/14,15,16,17,18+ 50m Butterfly Women's 12/13,14,15,16,17+ 50m Butterfly Men's MC 50m Butterfly Women's MC 50m Butterfly Men's 13/14,15,16,17,18+ 200m Back Women's 12/13,14,15,16,17+ 200m Back