



Region Championships 2022 – Gala 3
Ponds Forge ISC (50m) Sheffield 7th & 8th May 2022
 (License 1EM220576)
Meet Schedule

Heats: Swimmers 14yrs/over – Finals: 14yrs, 15yrs,16yrs 17yrs/over (400m finals 14/15yrs,16yrs/over) Relays: 14/16yrs & 17yrs/over							
			Saturday 7 th May				Sunday 8 th May
Session 1	HEATS		Start 9:00am		Session 4	HEATS	Start 9:00am
101	Women	400m	Freestyle		401	Men	400m Freestyle
102	Men	200m	Freestyle		402	Women	200m Freestyle
103	Women	100m	Backstroke		403	Men	100m Backstroke
104	Men	100m	Breaststroke		404	Women	100m Breaststroke
105	Women	200m	Individual Medley		405	Men	200m Individual Medley
Session 2	HEATS		Start TBA		Session 5	HEATS	Start TBA
201	Men	400m	Individual Medley		501	Women	400m Individual Medley
202	Women	200m	Butterfly		502	Men	200m Butterfly
203	Men	200m	Backstroke		503	Women	200m Backstroke
204	Women	100m	Freestyle		504	Men	100m Freestyle
205	Men	100m	Butterfly		505	Women	100m Butterfly
206	Women	200m	Breaststroke		506	Men	200m Breaststroke
Session 3	FINALS		Start TBA		Session 6	FINALS	Start TBA
301	Women 14/16	400m	Medley Team		601	Men 14/16	400m Medley Team
302	Women 17/OV	400m	Medley Team		602	Men 17/OV	400m Medley Team
303	Men 14/16	400m	Freestyle Team		603	Women 14/16	400m Freestyle Team
304	Men 17/OV	400m	Freestyle Team		604	Women 17/OV	400m Freestyle Team
305-306	Women	400m	Freestyle		605-606	Men	400m Freestyle
307-310	Men	200m	Freestyle		607-610	Women	200m Freestyle
311-314	Women	100m	Backstroke		611-614	Men	100m Backstroke
315-318	Men	100m	Breaststroke		615-618	Women	100m Breaststroke
319-322	Women	200m	Individual Medley		619-622	Men	200m Individual Medley
323-324	Men	400m	Individual Medley		623-624	Women	400m Individual Medley
325-328	Women	200m	Butterfly		625-628	Men	200m Butterfly
329-332	Men	200m	Backstroke		629-632	Women	200m Backstroke
333-336	Women	100m	Freestyle		633-636	Men	100m Freestyle
337-340	Men	100m	Butterfly		637-640	Women	100m Butterfly
341-344	Women	200m	Breaststroke		641-644	Men	200m Breaststroke