

**British Gas ASA National Age Group Championships  
Ponds Forge International Sports Centre, Sheffield  
Wednesday 28<sup>th</sup> July – Sunday 1<sup>st</sup> August 2010**

**Programme of Events**

Wednesday 28 <sup>th</sup> July 2010	Thursday 29 <sup>th</sup> July 2010	Friday 30 <sup>th</sup> July 2010	Saturday 31 <sup>st</sup> July 2010	Sunday 1 <sup>st</sup> August 2010
Session One – Heats Not before 8am	Session Four – Heats Not before 8am	Session Seven – Heats Not before 8am	Session Ten – Heats Not before 8am	Session Thirteen – Heats Not before 8am
Girls 200m I.M. Boys 100m Backstroke Girls 100m Freestyle Boys 200m Breaststroke Girls 200m Backstroke Boys 4 x 100m Free Team	Girls 400m Freestyle Boys 200m Butterfly Girls 200m Breaststroke Boys 100m Freestyle Girls 100m Butterfly Boys 200m I.M. Girls 4 x 100m Free Team	Boys 400m Freestyle Girls 200m Freestyle Boys 200m Backstroke Girls 200m Butterfly Boys 4 x 200m Free Team	Boys 200m Freestyle Girls 100m Backstroke Boys 100m Breaststroke Girls 100m Breaststroke Boys 100m Butterfly Girls 4 x 200m Free Team	Girls 400m I.M. Boys 400m I.M. Girls 4 x 100m Medley Team Boys 4 x 100m Medley Team
Session Two – Heats 1-30pm	Session Five – Heats 1-30pm	Session Eight – Heats 1-30pm	Session Eleven – Heats 1-30pm	
Girls 1500m Free HDW	Boys 1500m Free HDW	Girls 800m Freestyle HDW	Boys 800m Freestyle HDW	
Session Three – Finals 5pm	Session Six – Finals 5pm	Session Nine – Finals 5pm	Session Twelve – Finals 5pm	Session Fourteen – Finals 3pm
Girls 11 200m I.M. – Final Girls 12 200m I.M. – Final Girls 13 200m I.M. – Final Boys 11 100m Backstroke – Final Boys 12 100m Backstroke – Final Boys 13 100m Backstroke – Final Boys 14 100m Backstroke – Final Girls 11 100m Freestyle – Final Girls 12 100m Freestyle – Final Girls 13 100m Freestyle – Final Boys 11 200m Breast – Final Boys 12 200m Breast – Final Boys 13 200m Breast – Final Boys 14 200m Breast – Final Girls 11 200m Backstroke – Final Girls 12 200m Backstroke – Final Girls 13 200m Backstroke – Final Boys 4 x 100m Free Team - Final	Girls 11 400m Freestyle – Final Girls 12 400m Freestyle – Final Girls 13 400m Freestyle – Final Boys 11 200m Butterfly – Final Boys 12 200m Butterfly – Final Boys 13 200m Butterfly – Final Boys 14 200m Butterfly – Final Girls 11 200m Breast – Final Girls 12 200m Breast – Final Girls 13 200m Breast – Final Boys 11 100m Freestyle – Final Boys 12 100m Freestyle – Final Boys 13 100m Freestyle – Final Boys 14 100m Freestyle – Final Girls 11 100m Butterfly – Final Girls 12 100m Butterfly – Final Girls 13 100m Butterfly – Final Boys 11 200m I.M. – Final Boys 12 200m I.M. – Final Boys 13 200m I.M. – Final Boys 14 200m I.M. – Final Girls 4 x 100m Free Team - Final	Boys 11 400m Freestyle – Final Boys 12 400m Freestyle – Final Boys 13 400m Freestyle – Final Boys 14 400m Freestyle – Final Girls 11 200m Freestyle – Final Girls 12 200m Freestyle – Final Girls 13 200m Freestyle – Final Boys 11 200m Back – Final Boys 12 200m Back – Final Boys 13 200m Back – Final Boys 14 200m Back – Final Girls 11 200m Butterfly – Final Girls 12 200m Butterfly – Final Girls 13 200m Butterfly – Final Boys 4 x 200m Free Team - Final	Boys 11 200m Freestyle – Final Boys 12 200m Freestyle – Final Boys 13 200m Freestyle – Final Boys 14 200m Freestyle – Final Girls 11 100m Backstroke – Final Girls 12 100m Backstroke – Final Girls 13 100m Backstroke – Final Boys 11 100m Breast – Final Boys 12 100m Breast – Final Boys 13 100m Breast – Final Boys 14 100m Breast – Final Girls 11 100m Breast – Final Girls 12 100m Breast – Final Girls 13 100m Breast – Final Boys 11 100m Butterfly – Final Boys 12 100m Butterfly – Final Boys 13 100m Butterfly – Final Boys 14 100m Butterfly – Final Girls 4 x 200m Free Team – Final	Girls 11 400m I.M. – Final Girls 12 400m I.M. – Final Girls 13 400m I.M. – Final Boys 11 400m I.M. – Final Boys 12 400m I.M. – Final Boys 13 400m I.M. – Final Boys 14 400m I.M. – Final Girls 4 x 100m Medley Team - Final Boys 4 x 100m Medley Team - Final