



ASA South West Region Summer Championships

President: Sue Dors

Millfield Pool, Street 20/21 May 2017

Under ASA Laws and Regulations and ASA Technical Rules of Swimming

Weekend timetable

Saturday 20 May

8.45 – 9.20 Boys Warm up
9.20 – 9.55 Girls Warm up
10.00 – 12.25 Heats 301 – 304
12.50 – 1.40 Finals 11/12, 13, 14yrs
1.40 – 2.00 Swim down
2.00 – 3.00 Warm up
3.00 – 5.35 Heats 351 – 352 HDW
6.00 – 6.50 Presentations 800/1500m

Sunday 21 May

8.45 – 9.20 Girls Warm up
9.20 – 9.55 Boys Warm up
10.00 – 12.30 Heats 401 - 404
12.45 – 1.30 Finals 11/12, 13, 14yrs
1.30 – 2.00 Swim down
2.00 – 3.00 Warm up
3.00 – 5.10 Heats 451 - 454
5.35 – 6.25 Finals 11/12, 13, 14yrs

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Message to the ASASWR Summer Championships 2017
from the Regional President, Sue Dors

On behalf of the ASA South West Region, thank you to everyone for participating in or supporting these Regional Summer Championships. The running of an event involves a lot of hard work before, during and after these 3 weekends, so a special "Thank you" to all our volunteers who travel miles and give up many hours to ensure your swimmers have the best experience possible. For many of our competitors this is the highlight of their swimming year and is a reflection of the hard work they and their coaches have put in over many months, congratulations and well done on what you have achieved. For some of our swimmers these Championships are a stepping stone to National and possibly International competition and the ASA SW Region wishes them every success going forward to the next challenge.



Family Swim Holidays

Have a fabulous holiday while the kids train with Olympic swimmers

Come and improve your kid's swimming, relax at the most beautiful beaches in the Mediterranean, and have lots of fun with our activities.

FSH Dates 2017

- > May 27th - June 3rd
- > July 10th - July 20th
- > July 20th - July 27th
- > July 27th - Aug. 3rd
- > Aug. 3rd - Aug. 10th
- > Aug. 10th - Aug. 20th
- > Aug. 20th - Aug. 30th



Residential Swim Camp

Just like the Family Swim Holiday but with evening activities as well. Our staff will collect you from the airport and stay with the residential group 24 hours a day.

- Every week from July 10th to August 30th.
- For Swimmers aged 12-18.
- Swim training plus plenty of fun activities!

www.bestswimcentre.com
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WITHDRAWALS: FINALS

By the 8 finalists and the two reserves on the form provided to the recorders within 10 minutes after the finalists have been announced for the last event for that sex which has a final.

Failure to notify withdrawal from finals is £25.00 fine per event.

AWARDS

Medals will be presented after all finals to the first three swimmers, please ensure swimmers are suitable dressed for presentations and photographs. There are also £50.00 vouchers for the top FINA points swim in each Age Group, these will be presented in the final presentation at Millfield.

SWIM DOWN

The main pool will be available at the end of each session for swim down; in addition to the learner pool.

