

**British Gas ASA Championships (50m)**  
**Wednesday 18<sup>th</sup> – Saturday 21<sup>st</sup> August 2010**  
**Sunderland Aquatic Centre**  
**(Qualifying Meet for the England Commonwealth Games Team)**

**Programme of Events**

Wednesday 18 <sup>th</sup> August 2010 Session One - Heats	Thursday 19 <sup>th</sup> August 2010 Session Three - Heats	Friday 20 <sup>th</sup> August 2010 Session Five - Heats	Saturday 21 <sup>st</sup> August 2010 Session Seven - Heats
W 200 Freestyle – H MD W 50 Freestyle - H MD M 50 Freestyle – H M 50 Backstroke – H W 100 Backstroke – H M 400 Freestyle - H W 200 Individual Medley – H M 200 Butterfly – H MD W 200 Individual Medley - H MD M 200 Individual Medley - H W 50 Breaststroke – H M 100 Breaststroke – H W 100 Butterfly – H MD M 150 Individual Medley - H MD W 150 Individual Medley - H	W 100 Freestyle – H MD M 100 Freestyle - H MD W 100 Freestyle - H M 200 Freestyle – H W 200 Breaststroke- H M 100 Butterfly – H W 50 Backstroke – H M 200 Backstroke – H MD W 100 Breaststroke – H MD M 100 Breaststroke – H W 50 Butterfly – H MD W 50 Breaststroke – H MD M 50 Breaststroke – H	W 200 Backstroke – H MD W 100 Butterfly - H MD M 100 Butterfly - H M 50 Breaststroke – H W 50 Freestyle – H M 50 Freestyle - H W 100 Breaststroke – H M 100 Backstroke – H MD W 400 Freestyle – H MD M 400 Freestyle – H W 800 Freestyle – H (FHIF) M 400 Individual Medley- H MD M 200 Freestyle – H MD W 200 Freestyle – H	M 100 Freestyle – H MD M 100 Backstroke – H MD W 100 Backstroke – H W 400 Freestyle – H M 200 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke – H MD W 50 Backstroke - H MD M 50 Backstroke - H W 400 Individual Medley - H M 1500 Freestyle – H (FHIF) M 50 Butterfly – H MD M 50 Butterfly - H MD W 50 Butterfly - H
Session Two – Finals	Session Four – Finals	Session Six – Finals	Session Eight – Finals
W 200 Freestyle – F MD M 50 Freestyle - F MD W 50 Freestyle - F M 50 Backstroke – F W 100 Backstroke – F M 400 Freestyle - F W 200 Individual Medley – F M 200 Butterfly – F MD M 200 Individual Medley - F MD W 200 Individual Medley - F W 50 Breaststroke – F M 100 Breaststroke – F W 100 Butterfly – F MD W 150 Individual Medley - F MD M 150 Individual Medley - F	W 100 Freestyle – F MD W 100 Freestyle - F MD M 100 Freestyle - F M 200 Freestyle – F W 200 Breaststroke- F M 100 Butterfly – F W 50 Backstroke – F MD W 100 Breaststroke – F MD M 100 Breaststroke – F M 200 Backstroke – F W 50 Butterfly – F MD M 50 Breaststroke – F MD W 50 Breaststroke – F	W 200 Backstroke – F MD W 100 Butterfly - F MD M 100 Butterfly - F M 50 Breaststroke – F W 50 Freestyle – F M 50 Freestyle - F W 100 Breaststroke – F M 100 Backstroke – F MD W 400 Freestyle – F MD M 400 Freestyle – F W 800 Freestyle – Fastest Heat M 400 Individual Medley- F MD M 200 Freestyle – F MD W 200 Freestyle – F	M 100 Freestyle – F MD W 100 Backstroke – F MD M 100 Backstroke – F W 400 Freestyle – F M 200 Individual Medley- F W 200 Butterfly - F M 200 Breaststroke – F MD W 50 Backstroke - F MD M 50 Backstroke – F W 400 Individual Medley – F M 1500 Freestyle – Fastest Heat M 50 Butterfly – F MD W 50 Butterfly - F MD M 50 Butterfly - F