



British Gas ASA National Championships (50m)
Wednesday 20th – Saturday 23rd June 2012
Ponds Forge International Sports Centre, Sheffield
(Qualifying Meet for the Olympic Games)



Programme of Events

Wednesday 20th June 2012	Thursday 21st June 2012	Friday 22nd June 2012	Saturday 23rd June 2012
Session One - Heats	Session Three - Heats	Session Five - Heats	Session Seven - Heats
W 200 Freestyle – H M 50 Backstroke – H W 100 Backstroke – H M 400 Freestyle - H W 200 Individual Medley – H M 200 Butterfly – H W 50 Breaststroke – H M 100 Breaststroke – H W 100 Butterfly – H	W 100 Freestyle – H M 200 Freestyle – H W 200 Breaststroke- H M 100 Butterfly – H W 50 Backstroke – H M 200 Backstroke – H W 50 Butterfly – H	W 200 Backstroke – H M 50 Breaststroke – H W 50 Freestyle – H M 50 Freestyle - H W 100 Breaststroke – H M 100 Backstroke – H W 800 Freestyle – H (FHIF) M 400 Individual Medley- H	M 100 Freestyle – H W 400 Freestyle – H M 200 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke – H W 400 Individual Medley - H M 1500 Freestyle – H (FHIF) M 50 Butterfly – H
Session Two – Finals	Session Four – Finals	Session Six – Finals	Session Eight – Finals
W 200 Freestyle – F M 50 Backstroke – F W 100 Backstroke – F M 400 Freestyle - F W 200 Individual Medley – F M 200 Butterfly – F W 50 Breaststroke – F M 100 Breaststroke – F W 100 Butterfly – F	W 100 Freestyle – F M 200 Freestyle – F W 200 Breaststroke- F M 100 Butterfly – F W 50 Backstroke – F M 200 Backstroke – F W 50 Butterfly – F	W 200 Backstroke – F M 50 Breaststroke – F W 50 Freestyle – F M 50 Freestyle - F W 100 Breaststroke – F M 100 Backstroke – F W 800 Freestyle – Fastest Heat M 400 Individual Medley- F	M 100 Freestyle – F W 400 Freestyle – F M 200 Individual Medley- F W 200 Butterfly - F M 200 Breaststroke – F W 400 Individual Medley – F M 1500 Freestyle – Fastest Heat M 50 Butterfly – F

