



Regional Age Group (11-14yrs) Swimming Championships (50m) 2023
22nd /23rd April & 13th/14th May 2023
Sunderland Aquatic Centre
Entry Closing Date 7th April 2023

Session 1 Saturday 22nd April @ 9am			Session 3 Sunday 23rd April @ 9am			Session 5 Saturday 13th May @ 9am			Session 7 Sunday 14th May @ 9am		
Girls	400m	Ind.Medley	Boys	400m	Ind.Medley	Boys	100m	Freestyle	Girls	100m	Freestyle
Boys	200m	Butterfly	Girls	200m	Butterfly	Girls	100m	Butterfly	Boys	100m	Butterfly
Girls	100m	Backstroke	Boys	100m	Backstroke	Boys	200m	Backstroke	Girls	200m	Backstroke
Boys	100m	Breaststroke	Girls	100m	Breaststroke	Girls	200m	Breaststroke	Boys	200m	Breaststroke
Girls	200m	Freestyle	Boys	200m	Freestyle	Boys	200m	Ind.Medley	Girls	200m	Ind.Medley
Boys	50m	Freestyle	Girls	50m	Freestyle	Girls	50m	Backstroke	Boys	50m	Backstroke
Girls	50m	Breaststroke	Boys	50m	Breaststroke	Boys	50m	Butterfly	Girls	50m	Butterfly
		@ 1pm			@ 1pm			@ 1pm			@ 1pm
Boys	1500m	Freestyle HDW	Girls	800m	Freestyle HDW	Girls	400m	Freestyle	Boys	400m	Freestyle
						Boys	800m	Freestyle HDW	Girls	1500m	Freestyle HDW
Session 2 Saturday 22nd April @ 5pm			Session 4 Sunday 23rd April @ 5pm			Session 6 Saturday 13th May @ 5pm			Session 8 Sunday 14th May @ 5pm		
Finals of above events			Finals of above events			Finals of above events			Finals of above events		

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