



Bedfordshire Amateur Swimming Association

(Affiliated to Swim England East Region)

The Bedfordshire County Age Group and County Championships (50m) 2022

(Under Swim England Regulations and Technical Rules)

Licensed Meet Nos. 1ER220013/14/15

SCHEDULE OF EVENTS



Session One

Saturday 22nd January - Start 18:45

Mixed 1500m Freestyle TF

Session Two

Friday 28th January - Start 19:00

Mixed 800m Freestyle TF

Session Three

Saturday 29th January - Start 10:00

Men's	200m	Freestyle	TF
Women's	100m	Backstroke	Heats
Men's	50m	Breaststroke	Heats
Women's	200m	Butterfly	TF
Men's	400m	Individual Med	TF

Women's	100m	Backstroke	Finals
Men's	50m	Breaststroke	Finals

Session Four

Saturday 29th January - Start 14:00

Women's	100m	Butterfly	Heats
Men's	50m	Freestyle	Heats
Women's	200m	Individual Med	TF
Relay warm up			
Men's	50m	Freestyle	Finals
Women's	100m	Butterfly	Finals

Men's 10&11	4x50m MedTeam	TF
Women's 10&11	4x50m MedTeam	TF
Men's 12&13	4x50m MedTeam	TF
Women's 12&13	4x50m MedTeam	TF
Men's 14&15	4x50m MedTeam	TF
Women's 14&15	4x50m MedTeam	TF
Men's Open	4x50m MedTeam	TF
Women's Open	4x50m MedTeam	TF

Session Five

Sunday 30th January - Start 10:00

Women's	400m	Freestyle	TF
Men's	50m	Backstroke	Heats
Women's	100m	Freestyle	Heats
Men's	200m	Breaststroke	TF

Relay warm up

Women's	100m	Freestyle	Finals
Men's	50m	Backstroke	Finals

Mixed 10&11	4x50m FreeTeam	TF
Mixed 12&13	4x50m FreeTeam	TF
Mixed 14&15	4x50m FreeTeam	TF
Mixed Open	4x50m FreeTeam	TF

Session Six

Sunday 30th January - Start 15:00

Men's	50m	Butterfly	Heats
Women's	100m	Breaststroke	Heats
Men's	200m	Backstroke	TF

Relay warm up

Women's	100m	Breaststroke	Finals
Men's	50m	Butterfly	Finals

Women's Open	4x100 MedTeam	TF
Men's Open	4x100 MedTeam	TF

Session Seven

Saturday 5th February - Start 10:00

Women's	200m	Freestyle	TF
Men's	100m	Backstroke	Heats
Women's	50m	Butterfly	Heats
Men's	200m	Butterfly	TF
Women's	400m	Individual Med	TF

Men's	100m	Backstroke	Finals
Women's	50m	Butterfly	Finals

Session Eight

Saturday 5th February - Start 14:00

Men's	100m	Butterfly	Heats
Women's	50m	Breaststroke	Heats
Men's	200m	Individual Med	TF
Relay warm up			

Women's	50m	Breaststroke	Finals
Men's	100m	Butterfly	Finals

Women's 10&11	4x50m FreeTeam	TF
Men's 10&11	4x50m FreeTeam	TF
Women's 12&13	4x50m FreeTeam	TF
Men's 12&13	4x50m FreeTeam	TF
Women's 14&15	4x50m FreeTeam	TF
Men's 14&15	4x50m FreeTeam	TF
Women's Open	4x50m FreeTeam	TF
Men's Open	4x50m FreeTeam	TF

Session Nine

Sunday 6th February - Start 10:00

Men's	400m	Freestyle	TF
Women's	50m	Backstroke	Heats
Men's	100m	Freestyle	Heats
Women's	200m	Breaststroke	TF

Relay warm up

Men's	100m	Freestyle	Finals
Women's	50m	Backstroke	Finals

Mixed 10&11	4x50m MedTeam	TF
Mixed 12&13	4x50m MedTeam	TF
Mixed 14&15	4x50m MedTeam	TF
Mixed Open	4x50m MedTeam	TF

Session Ten

Sunday 6th February - Start 15:00

Women's	50m	Freestyle	Heats
Men's	100m	Breaststroke	Heats
Women's	200m	Backstroke	TF

Relay warm up

Men's	100m	Breaststroke	Finals
Women's	50m	Freestyle	Finals

Men's Open	4x100m FreeTeam	TF
Women's Open	4x100m FreeTeam	TF

Warm up will commence one hour before the start time except for Session 1 and 2 where warm up will be 30 mins before the start time.

TF = Timed Final
Issue 5



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Relay Warm up

This is only for those athletes attending the championships to swim in relays. We would encourage these athletes to arrive just in time for this warm up. Approx times of the start of the relay warm up (no earlier) are:

Sess 4 - 2.50pm Sess 5 - 11.50am Sess 6 - 4pm Sess 8 - 2.50pm Sess 9 – 11.40am Sess 10 – 4pm