

Swim Wales North

2019 Regional Championships

Friday								
Session 1								
HDW	1	Boys 11+	1500m Free					
HDW	81	Girls 11+	1500m Free					
Session 2				Session 5				
Saturday Morning				Sunday Morning				
Individuals				Individuals				
Heats	2	Girls 13&Over	50m Back					
Heats	3	Boys 11/12	50m Fly	Heats	18	Girls 11/12	50m Free	
HDW	4	Boys 13&Over	100m Back	Heats	19	Boys 11/12	100m Breast	
HDW	5	Girls 13&Over	400m IM	Heats	20	Girls 13&O	100m Free	
HDW	6	Boys 11/12	400m IM	HDW	21	Girls 11/12	200m IM	
HDW	7	Girls 11/12	200m Free	HDW	22	Boys 13&O	200m Back	
Finals	2	Girls 13	50m Back	Final	18	Girls 11	50m Free	
Finals	2	Girls 14	50m Back	Final	18	Girls 12	50m Free	
Finals	2	Girls 15/16	50m Back	Final	19	Boys 11	100m Breast	
Finals	2	Girls 17&O	50m Back	Final	19	Boys 12	100m Breast	
Finals	3	Boys 11	50m Fly	Final	20	Girls 13	100m Free	
Finals	3	Boys 12	50m Fly	Final	20	Girls 14	100 Free	
Finals	4	Boys 13	100m Back	Final	20	Girls 15/16	100m Free	
Finals	4	Boys 14	100m Back	Final	20	Girls 17& O	100m Free	
Final	4	Boys 15/16	100m Back					
Final	4	Boys 17&O	100m Back					
Session 3				Session 6				
Saturday Afternoon				Sunday Afternoon				
Individuals				Individuals				
Heats	8	Girls 11/12	50m Fly	Heats	23	Boys 11/12	50m Back	
Heats	9	Boys 11/12	100m Free	Heats	24	Girls 11/12	100m Fly	
Heats	10	Girls 13&Over	100m Fly	Heats	25	Boys 13&O	100m Breast	
HDW	11	Girls 11/12	400m IM	HDW	26	Boys 11/12	200mIM(HDW)	
HDW	12	Boys 13&Over	200m Breast	HDW	27	Girls 13&O	200m Back(HDW)	
Final	8	Girls 11	50m Fly	Final	23	Boys 11	50m Back	
Final	8	Girls 12	50m Fly	Final	23	Boys 12	50m Back	
Final	9	Boys 11	100m Free	Final	24	Girls 11	100m Fly	
Final	9	Boys 12	100m Free	Final	24	Girls 12	100m Fly	
Final	10	Girls 13	100m Fly	Final	25	Boys 13	100m Breast	
Final	10	Girls 14	100m Fly	Final	25	Boys 14	100m Breast	
Final	10	Girls 15/16	100m Fly	Final	25	Boys 15/16	100m Breast	
Final	10	Girls 17&O	100m Fly	Final	25	Boys 17&O	100M Breast	

Session 4				Session 7			
Saturday Evening				Sunday Evening			
Individuals				Individuals			
Heats	13	Boys 13&Over	50m Fly	Heats	28	Boys 13 & Over	50m Free
Heats	14	Girls 11/12	100m Breast	Heats	29	Girls 13&O	50m Breast
HDW	15	Boys 11/12	200m Back	HDW	30	Boys 11/12	200m Fr(HDW)
HDW	16	Boys 13&Over	400m Free	HDW	31	Boys 13&O	200m Fly(HDW)
HDW	17	Girls 13&O	200m Free	HDW	32	Girls 13&O	200m Fly(HDW)
Final	13	Boys 13	50m Fly	HDW	33	Girls 11/12	200m Back(HDW)
Final	13	Boys 14	50m Fly	Final	28	Boys 13	50m Free
Final	13	Boys 15/16	50m Fly	Final	28	Boys 14	50m Free
Final	13	Boys 17&O	50m Fly	Final	28	Boys 15/16	50m Free
Final	14	Girls 11	100m Breast	Final	28	Boys 17&O	50m Free
Final	14	Girls 12	100m Breast	Final	29	Girls 13	50m Breast
				Final	29	Girls 14	50m Breast
				Final	29	Girls 15/16	50m Breast
				Final	29	Girls 17&O	50m Breast

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Friday							
Session 8							
HDW	34	Girls 11& Over	800m Free				
HDW	82	Boys 11&Over	800m Free				
Session 9				Session 11			
Saturday Morning				Saturday Evening			
Individuals				Individuals			
Heats	35	Girls 11/12	50m Breast				
Heats	36	Boys 11/12	100m Back	Heats	46	Boys11/12	50m Free
Heats	37	Boys 13&O	100m Fly	Heats	47	Girls 13&O	100M Back
HDW	38	Girls 11/12	400m Free(HDW)	HDW	48	Boys 13&O	200m Free
HDW	39	Boys 11/12	200m Br(HDW)	HDW	49	Boys 11/12	200m Fly
Final	35	Girls 11	50m Breast	HDW	50	Girls 13&O	200m Breast
Final	35	Girls 12	50m Breast				
Final	36	Boys 11	100m Back	Final	46	Boys 11	50m Free
Final	36	Boys 12	100m Back	Final	46	Boys 12	50m Free
Final	37	Boys 13	100m Fly	Final	47	Girls 13	100m Back
Final	37	Boys 14	100m Fly	Final	47	Girls 14	100m Back
Final	37	Boys 15/16	100m Fly	Final	47	Girls 15&16	100m Back
Final	37	Boys 17&O	100m Fly	Final	47	Girls 17&O	100m Back
Session 10				Session 12			
Saturday Afternoon				Sunday Morning			
Individuals				Individuals			
Heats	40	Girls 13 & Over	50m Free	Heats	51	Boys 13&O	50m Back
Heats	41	Boys 13&O	50m Breast	Heats	52	Girls 13&O	50m Fly
Heats	42	Girls 11/12	100m Back	Heats	53	Boys 11/12	100m Fly
HDW	43	Girls 13&O	200m IM(HDW)	Heat	54	Girls 11/12	100m Free
HDW	44	Boys 13&O	200m IM (HDW)	HDW	55	Boys 13&Over	400m IM
HDW	45	Girls 11/12	200m Br(HDW)	Heat	56	Girls 13&Over	400m Free
Final	40	Girls 13	50m Free	Final	51	Boys 13	50m Back
Final	40	Girls 14	50m Free	Final	51	Boys 14	50m Back
				Final	51	Boys 15/16	50m Back
				Final	51	Boys 17&O	50m Back
Final	40	Girls 15/16	50m Free	Final	52	Girls 13	50m Fly
Final	40	Girls 17&O	50m Free	Final	52	Girls 14	50m Fly
Final	41	Boys 13	50m Breast	Final	52	Girls 15/16	50m Fly
Final	41	Boys 14	50m Breast	Final	52	Girls 17&O	50m Fly
Final	41	Boys 15/16	50m Breast	Final	53	Boys 11	100m Fly
Final	41	Boys 17&O	50m Breast	Final	53	Boys 12	100m Fly
Final	42	Girls 11	100m Back	Final	54	Girls 11	100m Free
Final	42	Girls 12	100m Back	Final	54	Girls 12	100m Free

Session 13			
Sunday Afternoon			
Individuals			
Heats	57	Boys 11/12	50m Breast
Heats	58	Girls 11/12	50m Back
Heat	59	Boys 13&O	100m Free
Heat	60	Girls 13&O	100m Breast
HDW	61	Boys 11/12	400m Free(HDW)
HDW	62	Girls 11/12	200m Fly(HDW)
Final	57	Boys 11	50m Breast
Final	57	Boys 12	50m Breast
Final	58	Girls 11	50m Back
Final	58	Girls 12	50m Back
Final	59	Boys 13	100mFree
Final	59	Boys 14	100m Free
Final	59	Boys 15&16	100m Free
Final	59	Boys 17&O	100m Free
Final	60	Girls 13	100m Breast
Final	60	Girls 14	100m Breast
Final	60	Girls 15&16	100m Breast
Final	60	Girls 17&O	100m Breast

				Session 14			
				Sunday Evening			
				Individuals			
				63	Mixed Open		4x50 Medley
				64	Boys Open		4x50 Medley
				65	Girls Open		4x50 Medley
				66	Boys 16&U		4x50 Medley
				67	Girls 16&U		4x50 Medley
				68	Boys 14&U		4x50 Medley
				69	Girls 14&U		4x50 Medley
				70	Boys 11/12		4x50 Medley
				71	Girls 11/12		4x50 Medley
				72	Mixed Open		4x50 Free
				73	Boys Open		4x50 Free
				74	Girls Open		4x50 Free
				75	Boys 16&U		4x50 Free
				76	Girls 16&U		4x50 Free
				77	Boys 14&U		4x50 Free
				78	Girls 14&U		4x50 Free
				79	Girls 11/12		4x50 Free
				80	Boys 11/12		4x50 Free

	G 11	G 12	G 13	G 14	G15&16	G17&O	Dist/Stroke	B 11	B 12	B 13	B14	B 15/16	B 17&O
QT	36.50	34.7	33.30	32.40	31.30	31.3	50 F/S	35.90	33.90	32.10	30.40	28.30	27.80
CT	48.00	45.00	42.00	38.00	35.00	34.00		47.00	43.00	40.00	38.00	36.00	34.00
QT	1.18.70	1m14.30	1m11.50	1m09.05	1.07.10	106.90	100 F/S	1.17.80	1m08.90	1m05.40	1.03.10	1m01.20	1.00.10
CT	1.38.00	1.34.00	1.30.00	1.25.00	1.24.00	1.23.00		1.30.00	1.27.00	1.25.00	1.23.00	1.15.00	1.10.00
QT	2.49.60	2m39.90	2m33.60	2m26.6	2.24.60	2.23.2	200 F/S	248.80	2m39.10	2m30.10	2.22.50	2m13.2	2.11.10
CT	3.22.00	3.13.00	3.06.00	3.02.00	2.58.00	2.57.00		3.22.00	3.11.00	3.01.00	2.58.00	2.40.00	2.36.00
QT	5.52.90	5m33.00	5m20.50	5m12.50	5.03.10	5.00.5	400 F/S	5.53.30	5m34.00	5m16.40	5.01.50	4m42.10	4.36.70
CT	7.02.00	6.41.00	6.28.00	6.17.00	6.13.00	6.09.00		6.53.00	6.35.00	6.20.00	6.00.00	5.30.00	5.00.00
QT	12.09.50	11.29.30	10.58.30	*10m40.80	10.23.50	10.20.70	800 F/S						
CT	14.12.00	13.44.00	13.10.00	12.50.00	12.44.00	12.40.00		14.12.00	13.44.00	13.10.00	12.50.00	12.44.00	12.40.00
QT							1500 F/S	23.50.50	22.01.70	20.52.80	19.55.50	18.40.60	18.21.9
CT	25.30.00	24.30.00	23.30.00	23.00.00	22.30.00	22.00.00		25.30.00	24.30.00	23.30.00	23.00.00	22.30.00	22.00.00
QT	41.40	39.30	37.70	36.50	35.30	35.10	50m Back	41.20	39.00	36.50	34.80	31.90	31.50
CT	56.00	52.00	51.00	49.00	46.00	44.00		53.00	50.00	46.00	44.00	43.00	40.00
QT	1.28.10	1m22.70	1m19.20	1m17.00	1.14.40	1.14.0	100 Back	1.27.60	1m22.50	1m17.30	1.13.00	1m07.80	1.06.30
CT	1.52.00	1.45.00	1.39.00	1.35.00	1.33.00	1.32.00		1.49.00	1.45.00	1.41.00	1.37.00	1.30.00	1.20.00
QT	3.06.30	2.56.30	2.49.60	2.44.80	2.38.70	2.37.20	200 Back	3.06.90	2.56.50	2.45.90	2.37.00	2.26.50	2.40.00
CT	3.42.00	3.33.00	3.26.00	3.19.00	3.17.00	3.15.00		3.42.00	3.38.00	3.30.00	3.10.00	3.00.00	2.50.00
QT	46.70	44.00	42.10	40.80	39.40	39.10	50m BR	46.50	43.70	40.70	38.60	35.60	35.00
CT	1.06.00	1.02.00	1.01.30	59.00	55.00	53.00		1.08.00	1.04.00	1.00.00	55.00	50.00	48.00
QT	1m40.20	1m34.40	1m29.80	1m26.50	1.24.30	1.23.10	100 Breast	1.40.10	1m33.80	1m27.40	1.22.70	1m16.60	1.15.10
CT	2.02.00	2.00.00	1.53.00	1.50.00	1.48.00	1.45.00		2.07.00	2.00.00	1.55.00	1.50.00	1.40.00	1.33.00
QT	3.34.90	3m22.40	3m12.80	3m06.70	3.01.60	3.00.2	200 Breast	3.35.10	3m22.50	3.09.50	2.58.90	2m47.00	2.43.00
CT	4.16.00	4.05.00	3.56.00	3.47.00	3.46.00	3.44.00		4.25.00	4.14.00	3.48.00	3.31.00	3.12.00	3.05.00
QT	40.10	37.90	36.40	35.20	34.00	33.90	50m Fly	39.60	37.50	35.30	33.40	30.90	30.10
CT	1.02.00	58.00	55.00	50.00	46.00	45.00		48.00	47.00	45.00	43.00	39.00	38.00
QT	1.28.00	1m22.40	1m19.00	1m16.30	1.14.10	1.13.30	100 Fly	1.27.60	1m22.00	1m16.70	1.12.30	1m07.30	1.05.60
CT	1.48.00	1.43.00	1.40.00	1.37.00	1.35.00	1.33.00		1.51.00	1.44.00	1.36.00	1.26.00	1.21.00	1.18.00
QT	3.11.40	3m00.70	2.52.60	2m46.70	2.41.20	2.39.30	200 Fly	3.11.70	3m00.80	2m49.50	2.40.10	2m28.30	2.23.90
CT	3.53.00	3.44.00	3.38.00	3.32.00	3.28.00	3.24.00		3.46.00	3.36.00	3.20.00	3.12.00	2.53.00	2.45.00
QT	3.11.40	3m00.60	2m53.80	2m48.70	2.43.40	2.42.00	200 IM	3.11.00	3m00.50	2m50.40	2.40.70	2m30.30	2.27.30
CT	3.53.00	3.44.00	3.40.00	3.36.00	3.32.00	3.26.00		3.46.00	3.36.00	3.21.00	3.06.00	3.01.00	2.45.00
QT	6.43.60	6.19.90	6m03.90	5.53.80	5.42.60	5.40.60	400 IM	6.45.50	6.20.90	6.00.40	5.40.60	5.18.10	5.12.20
CT	8.01.00	7.40.00	7.30.00	7.18.00	7.10.00	6.58.00		7.48.00	7.30.00	7.12.00	6.46.00	6.28.00	6.20.00