

Cornwall County ASA Age Groups And Championships 2020

Sat. 18th Jan. Penzance licence: 2SW200441 **Hosts: Carn Brea/Helston** * see end

Session 1: Warm-up 10:30 for 11:00 start

1: Male/Female 800m Freestyle H.D.W.

Sun. 26th Jan. Bodmin licence: 2SW200442 **Hosts: Caradon** * see end

Session 2: Warm-up 10:30 for 11:00 start

2: Male/Female 1500m Freestyle H.D.W.

Saturday 1st February at Penzance licence no: 2SW200443 **Hosts: Penzance**

Session 3:

Warm-up 10:30 for 11:15 start

3. Male 400m **freestyle** H.D.W.

4. Female 400m **freestyle** H.D.W.

5. Male 50m Breaststroke Heats

6. Female 50m Breaststroke Heats

15 min. break with 400 free

presentations

Finals Male 50m Breaststroke:

10/11, 12, 13, 14, 15, 16+

Finals Female 50m Breaststroke:

10/11, 12, 13, 14, 15, 16+

**approx. 45 min. interval – lunch
presentations/swim down/warm-up**

Session 4. Estimated start of 45 min. warm-up 13:30 TBC

7: Male 200m Breaststroke H.D.W

8: Female 200m Breaststroke H.D.W.

9: Male 100m Individual Medley Heats

10: Female 100m Individual Medley Heats

15 min. break with 200 breaststroke

presentations

Finals Male 100m Individual Medley:

10/11, 12, 13, 14, 15, 16+

Finals Female 100m Individual Medley:

10/11, 12, 13, 14, 15, 16+

Presentations

Sunday 2nd February at Bodmin licence no 2SW200444 **Hosts: Newquay**

Session 5:

Warm-up 10:30 for 11:15 start

11: Female 200m Freestyle H.D.W.

12: Male 200m Individual Medley H.D.W.

13: Female 50m Butterfly Heats

14: Male 50m Butterfly Heats

15 min. break with 200 free & IM

presentation

Finals Female 50m Butterfly:

10/11, 12, 13, 14, 15, 16+

Finals Male 50m Butterfly

10/11, 12, 13, 14, 15, 16+

**approx. 45 min. interval – lunch
presentations/swim down/warm-up**

Session 6. Estimated start of 45 min. warm-up 13:30 TBC

15. Male 200m Backstroke H.D.W.

16. Female 200m Backstroke H.D.W.

17. Male 100m Butterfly Heats

18. Female 100m Freestyle Heats

15min. break with 200 backstroke

presentations

Finals Male 100m Butterfly:

10/11, 12, 13, 14, 15, 16+

Finals Female 100m Freestyle:

10/11, 12, 13, 14, 15, 16+

Presentations

Saturday 8th February at Penzance licence no 2SW200445 Hosts: TRI/Carbis Bay	
<p>Session 7: Warm-up 10:30 for 11:15 start 19. Male 400m Individual Medley H.D.W. 20. Female 400m Individual Medley H.D.W. 21. Male 100m Backstroke Heats 22. Female 100m Backstroke Heats 15 min. break with 400 IM presentation Finals Male 100m Backstroke: 10/11, 12, 13, 14, 15, 16+ Finals Female 100m Backstroke: 10/11, 12, 13, 14, 15, 16+ approx. 45 min. interval – lunch presentations/swim down/warm-up</p>	<p>Session 8 Estimated start of 45 min. warm-up 13:30 TBC 23. Male 200m Butterfly H.D.W. 24. Female 200m Butterfly H.D.W. 25. Male 50m Freestyle Heats 26. Female 50m Freestyle Heats 15 min. break with 200 Fly presentation Finals Male 50m Freestyle: 10/11, 12, 13, 14, 15, 16+ Finals Female 50m Freestyle: 10/11, 12, 13, 14, 15, 16+ Presentations</p>
Sunday 9th February at Bodmin licence no 2SW200446 Hosts: St Austell	
<p>Session 9: Warm-up 10:30 for 11:15 start 27. Male 200m Freestyle H.D.W. 28. Female 200m Individual Medley H.D.W. 29. Male 50m Backstroke Heats 30. Female 50m Backstroke Heats 15 min. break with 200 free & 200 IM presentation Finals Male 50m Backstroke: 10/11, 12, 13, 14, 15, 16+ Finals Female 50m Backstroke: 10/11, 12, 13, 14, 15, 16+ approx. 45 min. interval – lunch presentations/swim down/warm-up</p>	<p>Session 10. Estimated start of 45 min. warm-up 13:30 TBC 31. Male 100m Breaststroke Heats 32. Female 100m Breaststroke Heats 33. Male 100m Freestyle Heats 34. Female 100m Butterfly Heats 15 min. break Finals Male 100m Breaststroke: 10/11, 12, 13, 14, 15, 16+ Finals Female 100m Breaststroke: 10/11, 12, 13, 14, 15, 16+ Finals Male 100m Freestyle: 10/11, 12, 13, 14, 15, 16+ Finals Female 100m Butterfly: 10/11, 12, 13, 14, 15, 16+ Presentations</p>
<p>* Junior Inter-Club Division 1 18th Jan Penzance 2 p.m. WU hosts Carn Brea/Helston * Junior Inter-Club Division 2 26th Jan Bodmin p.m. hosts North Cornwall Masters Gala Sun 15th March Bodmin hosts: Bude Teams Gala Sat 6th June Penzance hosts:Truro Rising Stars Gala Sat/Sun 11/12th July Penzance/Bodmin hosts: St Ives on 11th & Launceston/Camelford on 12th (a combination of previous Development & Intermediate galas)</p>	

for host club duties see 'Events' section of website or email ccasa.secretary@gmail.com

Where two host clubs are named they should work together to cover both sessions of the day.