

Telford Aqua SC, Wellington (Telford) ASC, Newport & District ASC Club Championships 2024

Programme of Events

Saturday 21st September

Session 1 8.00am - 9.00am

200m Freestyle

Session 2 10.00am - 12.30pm

25m Butterfly
200m Backstroke
25m Freestyle
100m Butterfly
Cannon Male and Female

Lunch

Session 3 1.30pm - 5.00pm

50m Butterfly
100m Back
50m Breast
100m Freestyle

Sunday 22nd September

Session 4 8.00am - 9.00am

200m Individual Medley

Session 5 10.00am - 12.30pm

25m Backstroke
200m Breaststroke
50m Backstroke
25m Breaststroke
4x 50m Free Coaches Relays

Lunch

Session 6 1.30pm - 5.00pm

100m Individual Medley
50m Freestyle
100m Breaststroke

20 Minute Break

Skins
12U - 14 U - 15+

Monday 23rd September -

Tuesday 1st October Wrekin

Session 7 7.30pm - 9.00pm

200m Butterfly

Tuesday 24th September - Wrekin

Session 8 7.30pm - 9.00pm

400m Freestyle

Thursday 26th September Wrekin

Session 9 7.30pm - 9.00pm

800m Freestyle

Friday 27th September Wrekin

Session 10 7.30pm - 9.00pm

400m Individual Medley

Sunday 29th September Wrekin

Session 11 4.00pm - 8.00pm

1500m Freestyle