

SUSSEX COUNTY
AMATEUR SWIMMING ASSOCIATION
(Founded 1895)



Sussex Masters and Senior Age Group Championships 2016

**This event will be used to inform the selection of the Sussex Masters Team
for the Inter-County Competition in November 2016**

Sunday 18 September 2016
Splashpoint Leisure Centre, Worthing

Programme of Events

Session 1

Warm Up 13:30 Start 14:00 15 minutes for men, 15 minutes for women

101A	Mixed 4x25m medley relay* (120+ yrs)	109	Women's 400m freestyle [2 heats maximum, 12 women]
101B	Mixed 4x25m medley relay* (200+ yrs)	110	Men's 50m backstroke
102	Men's 100m freestyle	111	Women's 50m backstroke
103	Women's 100m freestyle	112	Men's 25m freestyle
104	Men's 25m butterfly	113	Women's 25m freestyle
105	Women's 25m butterfly	114	Men's 100m butterfly
106	Men's 50m breaststroke	115	Women's 100m butterfly
107	Women's 50m breaststroke	116A	Mixed 4x25m medley relay* (74+ yrs)
108	Men's 100m Individual Medley	116B	Mixed 4x25m medley relay* (160+ yrs)
		116C	Mixed 4x25m medley relay* (240+ yrs)

Session 2

Warm Up 16:00 Start 16:30 15 minutes for men, 15 minutes for women
These are approximate times to be confirmed once all entries are received.

201A	Mixed 4x25m freestyle relay* (120+ yrs)	209	Men's 400m freestyle [2 heats maximum, 12 men]
201B	Mixed 4x25m freestyle relay* (200+ yrs)	210	Women's 50m butterfly
202	Women's 100m breaststroke	211	Men's 50m butterfly
203	Men's 100m breaststroke	212	Women's 25m breaststroke
204	Women's 25m backstroke	213	Men's 25m breaststroke
205	Men's 25m backstroke	214	Women's 100m backstroke
206	Women's 50m freestyle	215	Men's 100m backstroke
207	Men's 50m freestyle	216A	Mixed 4x25m freestyle relay* (74+ yrs)
208	Women's 100m Individual Medley	216B	Mixed 4x25m freestyle relay* (160+ yrs)
		216C	Mixed 4x25m freestyle relay* (240+ yrs)

***Each age group in the relays will be swum as separate heats, to allow for swimmers to swim in multiple age groups.**

Closing date for entries: midday 29 August 2016