

WEST DISTRICT 2009 GROUP 7 CHAMPIONSHIP- SHORT COURSE OPEN AGE GROUP

Consideration Time

101	Female	50 Breaststroke	Heats	00.42.00
102	Male	50 Butterfly	Heats	00.32.00
103	Female	200 Ind Medley	HDW	02.45.00
104	Male	400 Ind Medley	HDW	05.45.00
105	Female	100 Freestyle	HDW	01.05.40
106	Male	100 Backstroke	HDW	01.11.00
107	Female	800 Freestyle	HDW	11.20.00
108	Male	200 Freestyle	HDW	02.10.00
109	Female	200 Backstroke	HDW	02.42.00
110	Male	50 Butterfly	Skin Finals (Knockout)	
111	Female	50 Breaststroke	Skin Finals (Knockout)	
201	Male	50 Breaststroke	Heats	00.37.50
202	Female	50 Butterfly	Heats	00.34.20
203	Male	200 Ind Medley	HDW	02.35.00
204	Female	400 Ind Medley	HDW	05.55.00
205	Male	100 Freestyle	HDW	00.58.50
206	Female	100 Backstroke	HDW	01.15.90
207	Male	800 Freestyle	HDW	10.50.00
208	Female	200 Freestyle	HDW	02.21.00
209	Male	200 Backstroke	HDW	02.36.00
210	Female	50 Butterfly	Skin Finals (Knockout)	
211	Male	50 Breaststroke	Skin Finals (Knockout)	
301	Female	50 Backstroke	Heats	00.35.80
302	Male	50 Freestyle	Heats	00.26.70
303	Female	400 Freestyle	HDW	05.02.00
304	Male	100 Breaststroke	HDW	01.22.20
305	Female	100 Butterfly	HDW	01.16.00
306	Male	1500 Freestyle	HDW	22.00.00
307	Female	200 Breaststroke	HDW	03.07.00
308	Male	200 Butterfly	HDW	02.51.00
309	Female	100 Ind Medley	HDW	01.18.40
310	Female	50 Backstroke	Skin Finals (Knockout)	
311	Male	50 Freestyle	Skin Finals (Knockout)	
401	Male	50 Backstroke	Heats	00.34.00
402	Female	50 Freestyle	Heats	00.30.50
403	Male	400 Freestyle	HDW	04.42.00
404	Female	100 Breaststroke	HDW	01.26.00
405	Male	100 Butterfly	HDW	01.10.00
406	Female	1500 Freestyle	HDW	23.00.00
407	Male	200 Breaststroke	HDW	03.01.00
408	Female	200 Butterfly	HDW	02.59.00
409	Male	100 Ind Medley	HDW	01.14.30
410	Male	50 Backstroke	Skin Finals (Knockout)	
411	Female	50 Freestyle	Skin Finals (Knockout)	

SKINS Knockout Finals

The Finals of the 50m events at will be a series of "sudden-death" swims.

Instead of a single Final, a number of races will be held at set time intervals.

After each race the slowest swimmer is eliminated.

The last race in the SKINS Finals series becomes a head to head between the survivors.

The time interval between starts in a race will be 3 minutes and the male and female Finals will race alternately, which means that a race will be started every 1.5 minutes.