

ASA National Winter Meet (25m) 2016
Ponds Forge International Sports Centre, Sheffield
Thursday 15th – Sunday 18th December 2016

Programme of Events

Thursday 15 th December 2016	Friday 16 th December 2016	Saturday 17 th December 2016	Sunday 18 th December 2016
Session One – Heats Not before 8am	Session Three – Heats Not before 8am	Session Five – Heats Not before 8am	Session Seven – Heats Not before 8am
Men's 200m I.M. Women's 100m Backstroke Men's 200m Backstroke Women's 200m Butterfly Men's 100m Butterfly Women's 200m I.M. Men's 50m Freestyle Women's 50m Breaststroke Men's 100m Breaststroke Women's 100m Freestyle Men's 400m Freestyle Men's 4x100m Medley Team	Women's 100m I.M. Men's 400m I.M. Women's 200m Breaststroke Women's 50m Butterfly Men's 50m Backstroke Men's 100m Freestyle Women's 800m Freestyle (Slow Heats) Men's 4x200m Freestyle Team Women's 4x100m Freestyle Team	Men's 100m Backstroke Women's 400m Freestyle Men's 100m I.M. Women's 100m Breaststroke Men's 200m Butterfly Women's 100m Butterfly Men's 50m Breaststroke Women's 50m Backstroke Men's 1500m Freestyle (Slowest Heats) Women's 4x100m Medley Team	Women's 400m I.M. Men's 200m Breaststroke Women's 200m Freestyle Men's 200m Freestyle Women's 50m Freestyle Men's 50m Butterfly Women's 200m Backstroke Men's 4x100m Freestyle Team Women's 4x200m Freestyle Team
Session Two – Finals pm	Session Four – Finals pm	Session Six – Finals pm	Session Eight – Finals pm
Men's 400m Freestyle – A Final Men's 400m Freestyle – B Final Women's 200m I.M. – A Final Women's 200m I.M. – B Final Men's 200m Backstroke – A Final Men's 200m Backstroke – B Final Women's 100m Backstroke – A Final Women's 100m Backstroke – B Final Men's 100m Butterfly – A Final Men's 100m Butterfly – B Final Women's 100m Freestyle – A Final Women's 100m Freestyle – B Final Men's 100m Breaststroke – A Final Men's 100m Breaststroke – B Final Women's 200m Butterfly – A Final Women's 200m Butterfly – B Final Men's 200m I.M. – A Final Men's 200m I.M. – B Final Women's 50m Breaststroke – A Final Women's 50m Breaststroke – B Final Men's 50m Freestyle – A Final Men's 50m Freestyle – B Final Men's 4x100m Medley Team	Women's 200m Breaststroke – A Final Women's 200m Breaststroke – B Final Men's 400m I.M. – A Final Men's 400m I.M. – B Final Women's 100m I.M. - A Final Women's 100m I.M. - B Final Men's 100m Freestyle – A Final Men's 100m Freestyle – B Final Women's 50m Butterfly – A Final Women's 50m Butterfly – B Final Men's 50m Backstroke – A Final Men's 50m Backstroke – B Final Women's 800m Freestyle (Fastest Heat) Men's 4x200m Freestyle Team Women's 4x100m Freestyle Team	Women's 400m Freestyle – A Final Women's 400m Freestyle - B Final Men's 100m I.M. – A Final Men's 100m I.M. – B Final Women's 100m Breaststroke – A Final Women's 100m Breaststroke – B Final Men's 100m Backstroke – A Final Men's 100m Backstroke – B Final Women's 100m Butterfly – A Final Women's 100m Butterfly – B Final Men's 200m Butterfly – A Final Men's 200m Butterfly – B Final Women's 50m Backstroke – A Final Women's 50m Backstroke – B Final Men's 50m Breaststroke – A Final Men's 50m Breaststroke – B Final Men's 1500m Freestyle (Fastest Heat) Women's 4x100m Medley Team	Women's 400m I.M. – A Final Women's 400m I.M. – B Final Men's 200m Breaststroke – A Final Men's 200m Breaststroke – B Final Women's 200m Freestyle – A Final Women's 200m Freestyle – B Final Men's 200m Freestyle – A Final Men's 200m Freestyle – B Final Women's 200m Backstroke – A Final Women's 200m Backstroke – B Final Men's 50m Butterfly – A Final Men's 50m Butterfly – B Final Women's 50m Freestyle – A Final Women's 50m Freestyle – B Final Men's 4x100m Freestyle Team Women's 4x200m Freestyle Team