

WASC Championships Events List and Age Groups

Distance /Stroke	Fly	Back	Breast	Free	IM
25	400/25	400/25	400/25	400/25	
50	Sprint	Sprint	Sprint	Sprint	
100	Club	Club	Club	Club	Sprint
200	Club	Club	Club	Club	Club
400				400/25	400/25
800				Distance	
1500				Distance	

Notes

400/25- Normally swum around in March

Sprint Championship- Swum in July towards the end of the Season

Club Championships- The club main championships of the year swum in November

Distance Championships- Mainly swum in November/December entry is often combined with the main club championships.

Distance	Event	Age Group
25	Every Stroke	9/UN,10/11
400	IM	13/UN,14/OV
400	Free	11/UN,12/13,14/15.16/OV
50	Every Stroke	9/UN,10/11,12/13,14/15,16/OV
100	IM	9/UN,10/11,12/13,14/15,16/OV
100	Every Stroke	13/UN,14/15,16/OV
200	Back,Breast. Free,IM	11/UN,12/13,14/15,16/OV
200	Fly	13/UN,14/OV
800/1500	Free	13/UN,14/OV

Extra Trophies

King and Queen Under 10 Trophy is completed in November and is award to 1 Male and 1 Female who achieve the highest cumulative FINA score across the 100m and 200m Events. These swimmer must also be aged 10 and under.

SKINS- A fast paced set of elimination races held with the top finishers in each age group, held during the Sprint Championships in July.

Age Groups 12/UN,13/14,15OV

King Queen of Sprints is completed in July and is award to 1 Male and 1 Female who achieve the highest cumulative FINA point totals from all 4 50m stroke events.