

2022 Inter Regional Challenge
 Session: One
 30 September 2022 Starts at 04:00 PM

Event #	Round	Event	Heats	Duration	
1	Finals	Mixed 13-15 4x50 Freestyle Relay	1	3	6
2	Finals	Mixed 16-19 4x50 Freestyle Relay	1	3	
3	Finals	Girls 13-15 100 IM	1	2	11
4	Finals	Boys 13-15 100 IM	1	2	
5	Finals	Girls 16-19 100 IM	1	1	
6	Finals	Boys 16-19 100 IM	1	2	
7	Finals	Girls Multi Class 100 IM	1	2	
8	Finals	Boys Multi Class 100 IM	1	2	
9	Finals	Girls 13-15 200 Backstroke	1	3	13
10	Finals	Boys 13-15 200 Backstroke	1	3	
11	Finals	Girls 16-19 200 Backstroke	1	3	
12	Finals	Boys 16-19 200 Backstroke	1	4	
13	Finals	Girls 13-15 50 Butterfly	1	2	8
14	Finals	Boys 13-15 50 Butterfly	1	1	
15	Finals	Girls 16-19 50 Butterfly	1	1	
16	Finals	Boys 16-19 50 Butterfly	1	1	
17	Finals	Girls Multi Class 50 Butterfly	1	1	
18	Finals	Boys Multi Class 50 Butterfly	1	2	
19	Finals	Girls 13-15 4x50 Medley Relay	1	3	12
20	Finals	Boys 13-15 4x50 Medley Relay	1	3	
21	Finals	Girls 16-19 4x50 Medley Relay	1	3	
22	Finals	Boys 16-19 4x50 Medley Relay	1	3	
23	Finals	Girls 13-15 400 Freestyle	1	6	24
24	Finals	Boys 13-15 400 Freestyle	1	6	
25	Finals	Girls 16-19 400 Freestyle	1	6	
26	Finals	Boys 16-19 400 Freestyle	1	6	
27	Finals	Girls 13-14 50 Freestyle	1	2	8
28	Finals	Boys 13-15 50 Freestyle	1	1	
29	Finals	Girls 16-19 50 Freestyle	1	1	
30	Finals	Boys 16-19 50 Freestyle	1	1	
31	Finals	Girls Multi Class 50 Freestyle	1	1	
32	Finals	Boys Multi Class 50 Freestyle	1	2	
33	Finals	Girls 13-15 200 Breaststroke	1	3	14
34	Finals	Boys 13-15 200 Breaststroke	1	3	
35	Finals	Girls 16-19 200 Breaststroke	1	4	
36	Finals	Boys 16-19 200 Breaststroke	1	4	
37	Finals	Mixed 13-15 4x50 Medley Relay	1	3	6
38	Finals	Mixed 16-19 4x50 Medley Relay	1	3	
39	Finals	Girls 13-15 50 Backstroke	1	2	8
40	Finals	Boys 13-15 50 Backstroke	1	1	
41	Finals	Girls 16-19 50 Backstroke	1	1	
42	Finals	Boys 16-19 50 Backstroke	1	1	
43	Finals	Girls Multi Class 50 Backstroke	1	1	
44	Finals	Boys Multi Class 50 Backstroke	1	2	
45	Finals	Girls 13-15 200 Butterfly	1	3	14
46	Finals	Boys 13-15 200 Butterfly	1	3	
47	Finals	Girls 16-19 200 Butterfly	1	4	
48	Finals	Boys 16-19 200 Butterfly	1	4	
49	Finals	Girls 13-15 50 Breaststroke	1	2	8
50	Finals	Boys 13-15 50 Breaststroke	1	1	
51	Finals	Girls 16-19 50 Breaststroke	1	1	
52	Finals	Boys 16-19 50 Breaststroke	1	1	
53	Finals	Girls Multi Class 50 Breaststroke	1	1	
54	Finals	Boys Multi Class 50 Breaststroke	1	2	
55	Finals	Mixed 13-15 300 Freestyle Relay	1	3	8
56	Finals	Mixed 16-19 300 Freestyle Relay	1	3	
57	Finals	Mixed Multi Class 200 Freestyle Relay	1	2	

Age Bands

Female	Male
13/15	13/15
16/19	16/19

Team Size

Up to 38 Athletes (including 6 MC Athletes)
 Up to 8 Coaches
 8 Swimmer per Age Group
 Maximum of 5 Individual Events per Athlete

Multi Class

Female	Male
14 & Over	14 & Over

Relay Rules

13/15 4x50m Free & Medley
 2 Female Athletes 13/15
 2 Male Athletes 13/15
16/19 4x50m Free & Medley
 2 Female Athletes 16/19
 2 Male Athletes 16/19

Points

1st	7 points
2nd	5 points
3rd	4 points
4th	3 points
5th	2 points
6th	1 point

13/15 300m Freestyle Relay

1 Female Athletes 13/15 50m Free
 1 Female Athletes 13/15 100m Free
 1 Male Athletes 13/15 50m Free
 1 Male Athletes 13/15 100m Free
16/19 300m Freestyle Relay
 1 Female Athletes 16/19 50m Free
 1 Female Athletes 16/19 100m Free
 1 Male Athletes 16/19 50m Free
 1 Male Athletes 16/19 100m Free

Multi Class (No Points)

2 Female Multi Class Athletes
 2 Male Multi Class Athletes

Rules for Points

Top two swimmers from each team score
 Only one relay scores points