

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2012
Under ASA Laws and Technical Rules of Swimming
Licensed by the ASA for entry into National Competitions and Championships
Mountbatten Centre, Portsmouth (25m Pool)
7th/8th December 2013

Entries Secretary: Mrs Eileen Adams, 2 Glynswood, Chalfont St. Peter, Bucks SL9 0DP

SATURDAY, 7th December 2013

Session ONE Warm-up: tbc Start: tbc

101 Mens	100m Freestyle (+MD S1-S14)	
102 Womens	200m Freestyle (+MD S1-S5,S14)	
103 Mens	50m Breaststroke (+MD SB1-SB3)	
104 Womens	100m Breaststroke (+MD SB4-SB14)	
105 Mens	400m Ind Medley	HDW
106 Womens	100m Butterfly (+MD S8-S14)	
107 Mens	100m Backstroke (+MD S6-S14)	
108 Womens	50m Backstroke (+MD S1-S5)	
109 Mens	100m Ind Medley (+MD SM5-SM14)	
110 Mens	75m Ind Medley (MD SM1-SM4)	HDW
121 Womens	200m Freestyle	Final
122 Mens	100m Freestyle	Final
123 Womens	100m Breaststroke	Final
124 Mens	50m Breaststroke	Final
125 Womens	100m Butterfly	Final
126 Mens	100m Backstroke	Final
127 Womens	50m Backstroke	Final
128 Mens	100m Ind Medley	Final

Warm-up for relay swimmers

131 Mens	4x100m Freestyle Team	HDW
132 Womens	4x100m Medley Team	HDW

SUNDAY, 8th December 2013

Session THREE Warm-up tbc Start: tbc

301 Womens	100m Freestyle (+MD S1-S14)	
302 Mens	200m Freestyle (+MD,S1-S5,S14)	
303 Womens	50m Breaststroke (+MD SB1-SB3)	
304 Mens	100m Breaststroke (+MD SB4-SB14)	
305 Womens	400m Ind Medley	HDW
306 Mens	100m Butterfly (+MD S8-A14)	
307 Womens	100m Backstroke (+MD S6-S14)	
308 Mens	50m Backstroke (+MD S1-S5)	
309 Womens	100m Ind Medley (+MD SM5-SM14)	
310 Womens	75m Ind Medley (MD SM1-SM4)	HDW
321 Mens	200m Freestyle	Final
322 Womens	100m Freestyle	Final
323 Mens	100m Breaststroke	Final
324 Womens	50m Breaststroke	Final
325 Mens	100m Butterfly	Final
326 Womens	100m Backstroke	Final
327 Mens	50m Backstroke	Final
328 Womens	100m Ind Medley	Final

Warm-up for relay swimmers

331 Mens	4x100m Medley Team	HDW
332 Womens	4x100m Freestyle Team	HDW

Session TWO

Warm-up: tbc Start: tbc

201 Mens	200m Butterfly	
202 Womens	200m Ind Medley (+MD SM5-SM14)	
203 Womens	150m Ind Medley (MD SM1-SM4)	HDW
204 Mens	400m Freestyle (+MD S6-S14)	HDW
205 Womens	50m Freestyle (+MD S1-S14)	
206 Mens	200m Breaststroke	
207 Womens	800m Freestyle	HDW
208 Mens	50m Butterfly (+MD S12-S7)	
209 Womens	200m Backstroke	
221 Mens	200m Butterfly	Final
222 Womens	200m Ind Medley	Final
223 Mens	50m Butterfly	Final
224 Womens	50m Freestyle	Final
225 Mens	200m Breaststroke	Final
226 Womens	200m Backstroke	Final

Session FOUR

Warm-up: tba Start: tba

401 Womens	200m Butterfly	
402 Mens	200m Ind Medley (+MD SM5-SM14)	
403 Mens	150m Ind Medley (MD SM1-SM4)	HDW
404 Womens	400m Freestyle (+MD S6-S14)	HDW
405 Mens	50m Freestyle (+MD S1-S14)	
406 Womens	200m Breaststroke	
407 Mens	1500m Freestyle	HDW
408 Womens	50m Butterfly (+MD S1-S7)	
409 Mens	200m Backstroke	
421 Womens	200m Butterfly	Final
422 Mens	200m Ind Medley	Final
423 Womens	50m Butterfly	Final
424 Mens	50m Freestyle	Final
425 Womens	200m Breaststroke	Final
426 Mens	200m Backstroke	Final