

ASA South East Region - Swimming Championships 2016 – 15 Years and Over

Mountbatten Centre – Portsmouth

Saturday April 30th	Sunday May 1st	Monday May 2nd
Session One Warm-Up: 08:30 First Event: 09:30	Session Four Warm-Up: 08:00 First Event: 09:00	Session Seven Warm-Up: 08:00 First Event: 09:00
101: Girls 14-16 4x200m Freestyle Team HDW 102: Ladies 17+ 4x200m Freestyle Team HDW 103: Boys/Men 200m Freestyle 104: Girls/Ladies 200m Backstroke 105: Boys/Men 100m Backstroke 106: Girls/Ladies 100m Freestyle 107: Boys/Men 50m Breaststroke 108: Girls/Ladies 50m Butterfly	201: Girls 14-16 4x100m Medley Team HDW 202: Girls 17+ 4x100m Medley Team HDW 203: Boys/Men 1500m Freestyle HDW 204: Girls/Ladies 4x100m (400m) Ind Medley HDW	301: Boys 14-16 4x100m Medley Team HDW 302: Mens 17+ 4x100m Medley Team HDW 303: Girls/Ladies 800m Freestyle HDW 304: Boys/Men 4x100m (400m) Ind Medley HDW
Session Two Warm-Up: 12:30 First Event: 13:30	Session Five Warm-Up: 11:30 First Event: 12:30	Session Eight Warm-Up: 11:15 First Event: 12:15
111: Boys 14-16 4x200m Freestyle Team HDW 112: Men 17+ 4x200m Freestyle Team HDW 113: Girls/Ladies 200m Butterfly 114: Boys/Men 200m Breaststroke 115: Girls/Ladies 100m Breaststroke 116: Boys/Men 100m Butterfly 117: Girls/Ladies 50m Backstroke 118: Boys/Men 50m Freestyle	211: Men 14-16 4x100m Freestyle Team HDW 212: Mens 17+ 4x100m Freestyle Team HDW 213: Girls/Ladies 200m Breaststroke 214: Boys/Men 200m Backstroke 215: Girls/Ladies 50m Freestyle 216: Boys/Men 50m Butterfly 217: Girls/Ladies 400m Freestyle HDW 218: Boys/Men 100m Freestyle 219: Girls/Ladies 100m Backstroke 220: Boys/Men 4x50m (200m) Ind Medley	311: Girls 14-16 4x100m Freestyle Team HDW 312: Ladies 17+ 4x100m Freestyle Team HDW 313: Boys/Men 200m Butterfly 314: Girls/Ladies 200m Freestyle 315: Boys/Men 50m Backstroke 316: Girls/Ladies 50m Breaststroke 317: Boys/Men 400m Freestyle HDW 318: Girls/Ladies 100m Butterfly 319: Boys/Men 100m Breaststroke 320: Girls/Ladies 4x50m(200m) Ind Medley
Session Three Warm-Up: 16:00 First Event: 16:45	Session Six Warm-Up: 16:00 First Event: 16:45	Session Nine Warm-Up: 15:30 First Event: 16:15
121-156: All Finals	231-251: All Finals	331-351: All Finals
Est Finish: 19:30	Est Finish: 18:20	Est Finish: 118:00