

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2016
Under ASA Laws and Technical Rules of Swimming
Mountbatten Centre, Portsmouth (25m Pool)
5th/6^h November 2016

SATURDAY, 5th NOVEMBER 2016				SUNDAY, 6th NOVEMBER 2016			
<u>Session ONE - Warm-up: 08:30 Start: 09:30</u>				<u>Session FOUR - Warm-up: 08:00 Start: 09:00</u>			
101	Mens	100m Freestyle (+MD S1-S14)		401	Womens	100m Freestyle (+MD S1-S14)	
102	Womens	200m Freestyle (+MD S1-S5,S14)		402	Mens	200m Freestyle (+MD,S1-S5,S14)	
103	Mens	50m Breaststroke (+MD SB1-SB3)		403	Womens	50m Breaststroke (+MD SB1-SB3)	
104	Womens	100m Breaststroke (+MD SB4-SB14)		404	Mens	100m Breaststroke (+MD SB4-SB14)	
105	Mens	400m Ind Medley	HDW	405	Womens	400m Ind Medley	HDW
106	Womens	100m Butterfly (+MD S8-S14)		406	Mens	100m Butterfly (+MD S8-A14)	
107	Mens	100m Backstroke (+MD S6-S14)		407	Womens	100m Backstroke (+MD S6-S14)	
108	Womens	50m Backstroke (+MD S1-S5)		408	Mens	50m Backstroke (+MD S1-S5)	
109	Mens	100m Ind Medley (+MD SM5-SM14)		409	Womens	100m Ind Medley (+MD SM5-SM14)	
110	Mens	75m Ind Medley (MD SM1-SM4)	HDW	410	Womens	75m Ind Medley (MD SM1-SM4)	HDW
<u>Session TWO - Warm-up: 12:00 Start: 13:00 tbc</u>				<u>Session FIVE - Warm-up: 12:00 Start: 13:00 tbc</u>			
201	Mens	200m Butterfly		501	Womens	200m Butterfly	
202	Womens	200m Ind Medley (+MD SM5-SM14)		502	Mens	200m Ind Medley (+MD SM5-SM14)	
203	Womens	150m Ind Medley (MD SM1-SM4)		503	Mens	150m Ind Medley (MD SM1-SM4)	
204	Mens	400m Freestyle (+MD S6-S14)	HDW	504	Womens	400m Freestyle (+MD S6-S14)	HDW
205	Womens	50m Freestyle (+MD S1-S14)		505	Mens	50m Freestyle (+MD S1-S14)	
206	Mens	200m Breaststroke		506	Womens	200m Breaststroke	
207	Womens	800m Freestyle	HDW	507	Mens	1500m Freestyle	HDW
208	Mens	50m Butterfly (+MD S12-S7)		508	Womens	50m Butterfly (+MD S1-S7)	
209	Womens	200m Backstroke		509	Mens	200m Backstroke	
<u>Session THREE - FINAL - Warm-up: 16:30 Start: 17:00 tbc</u>				<u>Session SIX - FINALS - Warm-up: 16:00 Start: 16:30 tbc</u>			
301	Womens	200m Freestyle	Final	601	Mens	200m Freestyle	Final
302	Mens	100m Freestyle	Final	602	Womens	100m Freestyle	Final
303	Womens	100m Breaststroke	Final	603	Mens	100m Breaststroke	Final
304	Mens	50m Breaststroke	Final	604	Womens	50m Breaststroke	Final
305	Womens	100m Butterfly	Final	605	Mens	100m Butterfly	Final
306	Mens	100m Backstroke	Final	606	Womens	100m Backstroke	Final
307	Womens	50m Backstroke	Final	607	Mens	50m Backstroke	Final
308	Mens	100m Ind Medley	Final	608	Womens	100m Ind Medley	Final
309	Womens	200m Ind Medley	Final	609	Mens	200m Ind Medley	Final
310	Mens	200m Butterfly	Final	610	Womens	200m Butterfly	Final
311	Womens	50m Freestyle	Final	611	Mens	50m Freestyle	Final
312	Mens	50m Butterfly	Final	612	Womens	50m Butterfly	Final
313	Womens	200m Backstroke	Final	613	Mens	200m Backstroke	Final
314	Mens	200m Breaststroke	Final	614	Womens	200m Breaststroke	Final