

**SWIM ENGLAND SOUTH EAST  
WINTER CHAMPIONSHIPS 2017**  
**Under ASA Laws and Technical Rules of Swimming**  
**Mountbatten Centre, Portsmouth (50m Pool)**  
**4<sup>th</sup>/5<sup>h</sup> November 2017**

<b>SATURDAY, 4<sup>TH</sup> NOVEMBER 2017</b>	<b>SUNDAY, 5<sup>TH</sup> NOVEMBER 2017</b>
<p><u>Session ONE - Warm-up: 09:00 Start: 10:00</u></p> <p>101 Mens 100m Freestyle (+MD S1-S14)            102 Womens 200m Freestyle (+MD S1-S5,S14)            103 Mens 50m Breaststroke (+MD SB1-SB3)            104 Womens 50m Backstroke (+MD S1-S5)            105 Mens 400m Ind Medley HDW            106 Womens 100m Butterfly (+MD S8-S14)            107 Mens 100m Backstroke (+MD S1-2,S6-S14)            108 Womens 100m Breaststroke (+MD SB4-SB14)</p>	<p><u>Session FOUR - Warm-up: 08:30 Start: 09:30</u></p> <p>401 Womens 100m Freestyle (+MD S1-S14)            402 Mens 200m Freestyle (+MD,S1-S5,S14)            403 Womens 50m Breaststroke (+MD SB1-SB3)            404 Mens 50m Backstroke (+MD S1-S5)            405 Womens 400m Ind Medley HDW            406 Mens 100m Butterfly (+MD S8-A14)            407 Womens 100m Backstroke (+MD S1,S6-S14)            408 Mens 100m Breaststroke (+MD SB4-SB14)</p>
<p><u>Session TWO - Warm-up: 12:30 Start: 13:30</u></p> <p>201 Mens 200m Butterfly            202 Womens 200m Ind Medley (+MD SM5-SM14)            203 Womens 150m Ind Medley (MD SM1-SM4)            204 Mens 400m Freestyle (+MD S6-S14) HDW            205 Womens 200m Backstroke            206 Mens 200m Breaststroke            207 Womens 800m Freestyle HDW            208 Mens 50m Butterfly (+MD S1-S7)            209 Womens 50m Freestyle (+MD S1-S14)</p>	<p><u>Session FIVE - Warm-up: 12:00 Start: 13:00</u></p> <p>501 Womens 200m Butterfly            502 Mens 200m Ind Medley (+MD SM5-SM14)            503 Mens 150m Ind Medley (MD SM1-SM4)            504 Womens 400m Freestyle (+MD S6-S14) HDW            505 Mens 200m Backstroke            506 Womens 200m Breaststroke            507 Mens 1500m Freestyle HDW            508 Womens 50m Butterfly (+MD S1-S7)            509 Mens 50m Freestyle (+MD S1-S14)</p>
<p><u>Session THREE - FINALS - Warm-up: 16:30 Start: 17:00</u></p> <p>301 Womens 200m Freestyle Final            302 Mens 100m Freestyle Final            303 Womens 100m Breaststroke Final            304 Mens 200m Butterfly Final            305 Womens 100m Butterfly Final            306 Mens 100m Backstroke Final            307 Womens 50m Backstroke Final            308 Mens 50m Breaststroke Final            309 Womens 50m Freestyle Final            310 Mens 50m Butterfly Final            311 Womens 200m Ind Medley Final            312 Mens 200m Breaststroke Final            313 Womens 200m Backstroke Final</p>	<p><u>Session SIX - FINALS - Warm-up: 16:15 Start: 16:45</u></p> <p>601 Mens 200m Freestyle Final            602 Womens 100m Freestyle Final            603 Mens 100m Breaststroke Final            604 Womens 200m Butterfly Final            605 Mens 100m Butterfly Final            606 Womens 100m Backstroke Final            607 Mens 50m Backstroke Final            608 Womens 50m Breaststroke Final            609 Mens 50m Freestyle Final            610 Womens 50m Butterfly Final            611 Mens 200m Ind Medley Final            612 Womens 200m Breaststroke Final            613 Mens 200m Backstroke Final</p>