Swim England South East 15/Over Swimming Championships 2019 Programme of Events

| Friday 3rd May 2019 | Saturday 4th May 2019 | Sunday 5th May 2019 | Monday 6th May 2019 |
|-----------------------------|------------------------------------|----------------------------------|------------------------------------|
| Session One (Evening) | Session Two | Session Five | Session Eight |
| 101: Female 1500m Freestyle | 201: Girls 4x200m Freestyle Teams | 301: Girls 400m Medley Teams | 401: Boys 400m Medley Teams |
| 102: Male 800m Freestyle | 202: Ladies 4x200m Freestyle Teams | 302: Ladies 400m Medley Teams | 402: Mens 400m Medley Teams |
| | 203: Male 50m Breaststroke | 303: Male 1500m Freestyle | 403: Female 800m Freestyle |
| | 204: Female 50m Butterfly | 304: Female 400m Ind Medley | 404: Male 400m Ind Medley |
| | 205: Male 200m Freestyle | | |
| | 206: Female 200m Backstroke | | |
| | 207: Male 100m Backstroke | | |
| | 208: Female 100m Freestyle | | |
| | Session Three | Session Six | Session Nine |
| | 221: Boys 4x200m Freestyle Teams | 321: Boys 4x100m Freestyle Teams | 421: Girls 4x100m Freestyle Teams |
| | 222: Mens 4x200m Freestyle Teams | 322: Mens 4x100m Freestyle Teams | 422: Ladies 4x100m Freestyle Teams |
| | 223: Female 50m Backstroke | 323: Female 50m Freestyle | 423: Male 50m Backstroke |
| | 224: Male 50m Freestyle | 324: Male 50m Butterfly | 424: Female 50m Breaststroke |
| | 225: Female 200m Butterfly | 325: Female 200m Breaststroke | 425: Male 200m Breaststroke |
| | 226: Male 200m Butterfly | 326: Male 200m Backstroke | 426: Female 200m Freestyle |
| | 227: Female 100m Breaststroke | 327: Female 100m Backstroke | 427: Male 100m Butterfly |
| | 228: Male 100m Breaststroke | 328: Male 100m Freestyle | 428: Female 100m Butterfly |
| | | 329: emale 400m Freestyle | 429: Male 400m Freestyle |
| | | 330: Male 200m Ind Medley | 430: Female 200m Ind Medley |
| | Session Four | Session Seven | Session Ten |
| | 241-276: Finals | 341-361: Finals | 441-462: Finals |