

SWIM ENGLAND SOUTH EAST OPEN/JUNIOR SWIMMING CHAMPIONSHIPS 2019
Under Laws and Technical Rules of
Swimming Mountbatten Centre,
Portsmouth (25m Pool)
2nd/3rd November 2019

SATURDAY, 2 ND NOVEMBER 2019	SUNDAY, 3 RD NOVEMBER 2019
<p><u>Session ONE - Warm-up: 09:00 Start: 10:00 (tbc)</u></p> <p>101 Mens 100m Freestyle *</p> <p>102 Womens 200m Freestyle *</p> <p>103 Mens 50m Breaststroke *</p> <p>104 Womens 100m Breaststroke *</p> <p>105 Mens 400m Ind Medley HDW</p> <p>106 Womens 100m Butterfly *</p> <p>107 Mens 100m Backstroke *</p> <p>108 Womens 50m Backstroke *</p> <p>109 Mens 200m Butterfly</p> <p>110 Womens 200m Ind Medley *</p> <p>111 Womens 150m Ind Medley (MC only) HDW</p>	<p><u>Session FOUR - Warm-up: 08:30 Start: 09:30 (tbc)</u></p> <p>401 Womens 100m Freestyle *</p> <p>402 Mens 200m Freestyle *</p> <p>403 Womens 50m Breaststroke *</p> <p>404 Mens 100m Breaststroke *</p> <p>405 Womens 400m Ind Medley HDW</p> <p>406 Mens 100m Butterfly *</p> <p>407 Womens 100m Backstroke *</p> <p>408 Mens 50m Backstroke *</p> <p>409 Womens 200m Butterfly</p> <p>410 Mens 200m Ind Medley *</p> <p>411 Mens 150m Ind Medley (MC only) HDW</p>
<p><u>Session TWO - Warm-up: 13:15 Start: 14:15 (tbc)</u></p> <p>201 Mens 400m Freestyle *</p> <p>202 Womens 50m Freestyle *</p> <p>203 Mens 200m Breaststroke</p> <p>204 Womens 800m Freestyle HDW</p> <p>205 Mens 100m Ind Medley *</p> <p>206 Mens 75m Ind Medley (MC only) HDW</p> <p>207 Womens 200m Backstroke *</p> <p>208 Mens 50m Butterfly *</p>	<p><u>Session FIVE - Warm-up: 12:15 Start: 13:15 (tbc)</u></p> <p>501 Womens 400m Freestyle *</p> <p>502 Mens 50m Freestyle *</p> <p>503 Womens 200m Breaststroke</p> <p>504 Mens 1500m Freestyle HDW</p> <p>505 Womens 100m Ind Medley *</p> <p>506 Womens 75m Ind Medley (MC only) HDW</p> <p>507 Mens 200m Backstroke</p> <p>508 Womens 50m Butterfly *</p>
<p><u>Session THREE - FINALS - Warm-up: 16:45 Start: 17:15 (tbc)</u></p> <p>301 Womens 200m Freestyle Final</p> <p>302 Mens 100m Freestyle Final</p> <p>303 Womens 100m Breaststroke Final</p> <p>304 Mens 50m Breaststroke Final</p> <p>305 Womens 100m Butterfly Final</p> <p>306 Mens 100m Backstroke Final</p> <p>307 Womens 50m Backstroke Final</p> <p>308 Mens 200m Butterfly Final</p> <p>309 Womens 200m Ind Medley Final</p> <p>310 Mens 200m Breaststroke Final</p> <p>311 Womens 50m Freestyle Final</p> <p>312 Mens 100m Ind Medley Final</p> <p>313 Womens 200m Backstroke Final</p> <p>314 Mens 50m Butterfly Final</p> <p>Estimated finish: 18:45</p>	<p><u>Session SIX - FINALS - Warm-up: 16:15 Start: 16:45 (tbc)</u></p> <p>601 Mens 200m Freestyle Final</p> <p>602 Womens 100m Freestyle Final</p> <p>603 Mens 100m Breaststroke Final</p> <p>604 Womens 50m Breaststroke Final</p> <p>605 Mens 100m Butterfly Final</p> <p>606 Womens 100m Backstroke Final</p> <p>607 Mens 50m Backstroke Final</p> <p>608 Womens 200m Butterfly Final</p> <p>609 Mens 200m Ind Medley Final</p> <p>610 Womens 200m Breaststroke Final</p> <p>611 Mens 50m Freestyle Final</p> <p>612 Womens 100m Ind Medley Final</p> <p>613 Mens 200m Backstroke Final</p> <p>614 Womens 50m Butterfly Final</p> <p>Estimated finish: 18:15</p>

* Events include multi-classification disability events