

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

* Events include multi-classification disability events