

SWIM ENGLAND SOUTH EAST OPEN/JUNIOR SWIMMING CHAMPIONSHIPS 2021
Under Swim England Laws and Technical Rules of Swimming (25m Pool)
6th/7th November 2021

SATURDAY, 6 th NOVEMBER 2021	SUNDAY, 7 th NOVEMBER 2021																																																												
<p><u>Session ONE – Warm-Up: 13:15 Start: 14:15 (tbc)</u></p> <table> <tr><td>101</td><td>Womens</td><td>400m Freestyle</td></tr> <tr><td>102</td><td>Mens</td><td>200m Freestyle</td></tr> <tr><td>103</td><td>Womens</td><td>50m Breaststroke</td></tr> <tr><td>104</td><td>Mens</td><td>100m Breaststroke</td></tr> <tr><td>105</td><td>Womens</td><td>100m Backstroke</td></tr> <tr><td>106</td><td>Mens</td><td>100m Butterfly</td></tr> <tr><td>107</td><td>Womens</td><td>200m Butterfly</td></tr> <tr><td>108</td><td>Mens</td><td>50m Backstroke</td></tr> <tr><td>109</td><td>Womens</td><td>200m Ind Medley</td></tr> <tr><td>110</td><td>Womens</td><td>150m Ind Medley (MC only)</td></tr> </table>	101	Womens	400m Freestyle	102	Mens	200m Freestyle	103	Womens	50m Breaststroke	104	Mens	100m Breaststroke	105	Womens	100m Backstroke	106	Mens	100m Butterfly	107	Womens	200m Butterfly	108	Mens	50m Backstroke	109	Womens	200m Ind Medley	110	Womens	150m Ind Medley (MC only)	<p><u>Session THREE – Warm-Up: 08:00 Start: 09:00 (tbc)</u></p> <table> <tr><td>301</td><td>Mens</td><td>400m Freestyle</td></tr> <tr><td>302</td><td>Womens</td><td>200m Freestyle</td></tr> <tr><td>303</td><td>Mens</td><td>50m Breaststroke</td></tr> <tr><td>304</td><td>Womens</td><td>100m Breaststroke</td></tr> <tr><td>305</td><td>Mens</td><td>100m Backstroke</td></tr> <tr><td>306</td><td>Womens</td><td>100m Butterfly</td></tr> <tr><td>307</td><td>Mens</td><td>200m Butterfly</td></tr> <tr><td>308</td><td>Womens</td><td>50m Backstroke</td></tr> <tr><td>309</td><td>Mens</td><td>200m Ind Medley</td></tr> <tr><td>310</td><td>Mens</td><td>150m Ind Medley (MC only)</td></tr> </table>	301	Mens	400m Freestyle	302	Womens	200m Freestyle	303	Mens	50m Breaststroke	304	Womens	100m Breaststroke	305	Mens	100m Backstroke	306	Womens	100m Butterfly	307	Mens	200m Butterfly	308	Womens	50m Backstroke	309	Mens	200m Ind Medley	310	Mens	150m Ind Medley (MC only)
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<p><u>Session TWO – Warm-up (16:45) Start: 17:45 (est)*</u></p> <table> <tr><td>201</td><td>Womens</td><td>100m Freestyle</td></tr> <tr><td>202</td><td>Mens</td><td>50m Freestyle</td></tr> <tr><td>203</td><td>Womens</td><td>200m Breaststroke</td></tr> <tr><td>204</td><td>Mens</td><td>200m Backstroke</td></tr> <tr><td>205</td><td>Womens</td><td>50m Butterfly</td></tr> <tr><td>206</td><td>Mens</td><td>100m Ind Medley</td></tr> <tr><td>207</td><td>Mens</td><td>75m Ind Medley (MC only)</td></tr> </table> <p>* The main pool will be available for warm-up immediately after the completion of SESSION ONE; The session will start 60 minutes after the completion of the last race in session ONE.</p> <p>Estimated Finish: 19:15</p>	201	Womens	100m Freestyle	202	Mens	50m Freestyle	203	Womens	200m Breaststroke	204	Mens	200m Backstroke	205	Womens	50m Butterfly	206	Mens	100m Ind Medley	207	Mens	75m Ind Medley (MC only)	<p><u>Session FOUR – Warm-up: 11:30 Start: 12:30 (est)*</u></p> <table> <tr><td>401</td><td>Mens</td><td>100m Freestyle</td></tr> <tr><td>402</td><td>Womens</td><td>50m Freestyle</td></tr> <tr><td>403</td><td>Mens</td><td>200m Breaststroke</td></tr> <tr><td>404</td><td>Womens</td><td>200m Backstroke</td></tr> <tr><td>405</td><td>Mens</td><td>50m Butterfly</td></tr> <tr><td>406</td><td>Womens</td><td>100m Ind Medley</td></tr> <tr><td>407</td><td>Womens</td><td>75m Ind Medley (MC only)</td></tr> </table> <p>* The main pool will be available for warm-up immediately after the completion of SESSION THREE; The session will start 60 minutes after the completion of the last race in session THREE.</p>	401	Mens	100m Freestyle	402	Womens	50m Freestyle	403	Mens	200m Breaststroke	404	Womens	200m Backstroke	405	Mens	50m Butterfly	406	Womens	100m Ind Medley	407	Womens	75m Ind Medley (MC only)																		
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	<p><u>Session FIVE – Warm-up: 14:00 Start: 15:00 (est)*</u></p> <table> <tr><td>501</td><td>Womens</td><td>400m Ind Medley</td></tr> <tr><td>502</td><td>Mens</td><td>400m Ind Medley</td></tr> <tr><td>503</td><td>Womens</td><td>800m Freestyle</td></tr> <tr><td>504</td><td>Mens</td><td>1500m Freestyle</td></tr> </table> <p>* The main pool will be available for warm-up immediately after the completion of SESSION FOUR; The session will start 60 minutes after the completion of the last race in session FOUR.</p> <p>Estimated Finish: 17:30</p>	501	Womens	400m Ind Medley	502	Mens	400m Ind Medley	503	Womens	800m Freestyle	504	Mens	1500m Freestyle																																																
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The 23m end of the main pool will be available for continuous warm-up, swim down all day.

Last Updated: October 13th 2021.