

East Swimming 2017 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend Two

UEA Sportspark, Norwich

Saturday 27th - Monday 29th May 2017

(Licensed Meet No. 1ER170220)



Schedule of Events

14/Under Age Group Individual Events

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	Session Ten Saturday 27 th May Heats Session Start 09:30am		Session Thirteen Sunday 28th May Heats Session Start 09:30am		Session Sixteen Monday 29 th May Distance Session Start 09:10am	
411 412 413 414 415	Women's 200m Butterfly Men's 200m Breaststroke Women's 100m Breaststroke Men's 50m Butterfly Women's 400m Freestyle (HDW)	511 512 513 514 515	Men's 200 Butterfly Women's 200m Breaststroke Men's 100m Breaststroke Women's 50m Butterfly Men's 400m Freestyle (HDW)	611 612 613 614	Women's 800 Free (HDW) Men's 1500 Free (HDW) ** Women's 50m Breaststroke Men's 50m Breaststroke	
	Session Eleven		Session Fourteen		Session Seventeen	
	Saturday 27 th May		Sunday 28 th May		Monday 29 th May	
	Heats Session		Heats Session		Heats Session	
	Start 01:50pm		Start 01:40pm		Start 01:35pm	
421	Women's 200m I.M.	521	Men's 200m I.M.	621	Women's 100m Butterfly	
422	Men's 100m Backstroke	522	Women's 100m Backstroke	622	Men's 100m Butterfly	
423	Women's 100m Freestyle	523	Men's 100m Freestyle	623	Women's 50m Backstroke	
424	Men's 50m Freestyle	524	Women's 50m Freestyle	624	Men's 50m Backstroke	
425	Women's 200 Backstroke	525	Men's 200 Backstroke	625	Women's 200m Freestyle	
426	Men's 400m I.M. (HDW)	526	Women's 400m I.M. (HDW)	626	Men's 200m Freestyle	
	Session Twelve		Session Fifteen		Session Eighteen	
	Saturday 27 th May		Sunday 28 th May		Monday 29 th May	

Finals Session

Start 06:00pm

Men's 200m I.M.

Men's 200m Butterfly

Women's 200m Breaststroke

Men's 100m Breaststroke

Women's 100m Backstroke

Women's 50m Butterfly

Men's 100m Freestyle

Women's 50m Freestyle

Men's 200m Backstroke

Finals Session Start 06:00pm Women's 200m Butterfly 431-433 531-533 434-436 Men's 200m Breaststroke 535-536 437-439 Women's 100m Breaststroke 537-539 440-442 Men's 50m Butterfly 540-542

(HDW) – Heat Dec	lared Winners
(1.1211) 1.10at 200	

452-454 Men's 50m Freestyle

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443-445 Women's 200m I.M.

446-448 Men's 100m Backstroke

449-451 Women's 100m Freestyle

** A 25 minute warm-up will take place at the conclusion of the men's 1500m Freestyle. This will be for competitors in the Men's and Women's 50m Breaststroke.

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This Warm-Up will commence no earlier than 10:45am.

Women's 200m Backstroke

Competitors in the distance Freestyle may also warm-down during this period.

Finals Session Start 05:20pm Women's 100m Butterfly

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Men's 100m Butterfly			
Women's 50m Breaststroke			
Men's 50m Breaststroke			
Women's 200m Freestyle			
Men's 200m Freestyle			

Women's 50m Backstroke Men's 50m Backstroke