

# Swim England East Region 2020 Long Course Championships (50m)



## Schedule of Events



Saturday 28 <sup>th</sup> March 2020	Friday 24 <sup>th</sup> April 2020	Saturday 25 <sup>th</sup> April 2020	Sunday 26 <sup>th</sup> April 2020	Saturday 2 <sup>nd</sup> May 2020	Sunday 3 <sup>rd</sup> May 2020	Friday 8 <sup>th</sup> May 2020
<b>Norwich</b>	<b>Norwich</b>	<b>Norwich</b>	<b>Norwich</b>	<b>Luton</b>	<b>Luton</b>	<b>Luton</b>
<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 6</b>	<b>Session 9</b>	<b>Session 12</b>	<b>Session 15</b>
<b>1500m (Afternoon WU)</b>	<b>800m (PM)</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>
101 M 1500 Freestyle	201 M 800 Freestyle	301 M 100 Breaststroke	401 W 200 Breaststroke	501 M 100 Freestyle	601 M 200 Freestyle	701 M 400 IM
BREAK and WARM UP	202 W 800 Freestyle	302 W 200 IM	402 M 400 Freestyle	502 W 50 Breaststroke	602 W 100 Backstroke	702 W 200 Backstroke
102 W 1500 Freestyle		303 M 50 Freestyle	403 W 50 Backstroke	503 M 200 Butterfly	603 M 50 Butterfly	703 M 100 Butterfly
				504 W 4 x 200 FS (14-16)	604 W 4 x 200 FS (17+)	
		<b>Session 4</b>	<b>Session 7</b>	<b>Session 10</b>	<b>Session 13</b>	<b>Session 16</b>
		<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>	<b>Heats</b>
		311 W 100 Breaststroke	411 M 200 Breaststroke	511 W 100 Freestyle	611 W 200 Freestyle	711 W 400 IM
		312 M 200 IM	412 W 400 Freestyle	512 M 50 Breaststroke	612 M 100 Backstroke	712 M 200 Backstroke
		313 W 50 Freestyle	413 M 50 Backstroke	513 W 200 Butterfly	613 W 50 Butterfly	713 W 100 Butterfly
				514 M 4 x 200 FS (14-16)	614 M 4 x 200 FS (17+)	
		<b>Session 5</b>	<b>Session 8</b>	<b>Session 11</b>	<b>Session 14</b>	<b>Session 17</b>
		<b>Finals</b>	<b>Finals</b>	<b>Finals</b>	<b>Finals</b>	<b>Finals</b>
		321-26 M 100 Breaststroke	421-26 W 50 Backstroke	521-26 M 100 Freestyle	621-26 M 200 Freestyle	721-26 M 200 Backstroke
		327-32 W 200 IM	427-32 M 50 Backstroke	527-32 W 50 Breaststroke	627-32 W 100 Backstroke	727-32 W 200 Backstroke
		333-38 M 50 Freestyle	433-38 W 200 Breaststroke	533-38 M 200 Butterfly	633-38 M 50 Butterfly	733-38 M 100 Butterfly
		339-44 W 100 Breaststroke	439-44 M 200 Breaststroke	539-44 W 100 Freestyle	639-44 W 200 Freestyle	739-44 W 100 Butterfly
		345-50 M 200 IM		545-50 M 50 Breaststroke	645-50 M 100 Backstroke	
		351-56 W 50 Freestyle		551-56 W 200 Butterfly	651-56 W 50 Butterfly	
				557 M 4 x 100 FS (14-16)	657 M 4 x 100 IM (14-16)	
				558 M 4 x 100 FS (17+)	658 M 4 x 100 IM (17+)	
				559 W 4 x 100 FS (14-16)	659 W 4 x 100 IM (14-16)	
				560 W 4 x 100 FS (17+)	660 W 4 x 100 IM (17+)	

