

Swim England East Region 2022 Short Course Championships

(Under Swim England Regulations and Technical Rules)
4th-6th November 2022 at Inspire Luton Sports Village

Schedule Of Events

Session 1 Friday 4th November - Start: Evening

101	Womens	800m	Freestyle	HDW
102	Mens	1500m	Freestyle	HDW

Session 2 Saturday 5th November - Start: TBA

201	Mens	200m	I.M.	Heats
202	Womens	50m	Backstroke	Heats
203	Mens	50m	Freestyle	Heats
204	Womens	200m	Butterfly	Heats
205	Mens	200m	Butterfly	Heats
206	Womens	100m	Breaststroke	Heats
207	Mens	100m	Breaststroke	Heats
208	Womens	100m	I.M	Heats
209	Mens	400m	Freestyle	HDW

Session 5 Sunday 6th November - Start: TBA

501	Womens	200m	I.M.	Heats
502	Mens	50m	Backstroke	Heats
503	Womens	50m	Freestyle	Heats
504	Mens	200m	Breaststroke	Heats
505	Womens	200m	Breaststroke	Heats
506	Mens	100m	Butterfly	Heats
507	Womens	100m	Butterfly	Heats
508	Mens	100m	IM	Heats
509	Womens	400m	Freestyle	HDW

Session 3 Saturday 5th November - Start: TBA

301	Womens	400m	I.M.	HDW
302	Mens	100m	Backstroke	Heats
303	Womens	100m	Freestyle	Heats
304	Mens	200m	Freestyle	Heats
305	Womens	50m	Butterfly	Heats
306	Mens	50m	Butterfly	Heats
307	Womens	200m	Backstroke	Heats
308	Mixed	4 x 50m	Freestyle Relay	HDW

Session 6 Sunday 6th November - Start: TBA

601	Mens	400m	I.M.	HDW
602	Womens	100m	Backstroke	Heats
603	Mens	100m	Freestyle	Heats
604	Womens	200m	Freestyle	Heats
605	Mens	50m	Breaststroke	Heats
606	Womens	50m	Breaststroke	Heats
607	Mens	200m	Backstroke	Heats
608	Mixed	4 x 50m	Medley Relay	HDW

Session 4 Saturday 5th November - Start: TBA

401	Mens	200m	I.M.	Final
402	Womens	50m	Backstroke	Final
403	Mens	50m	Freestyle	Final
404	Womens	200m	Butterfly	Final
405	Mens	200m	Butterfly	Final
406	Womens	100m	Breaststroke	Final
407	Mens	100m	Breaststroke	Final
408	Womens	100m	I.M	Final
409	Mens	100m	Backstroke	Final
410	Womens	100m	Freestyle	Final
411	Mens	200m	Freestyle	Final
412	Womens	200m	Backstroke	Final
413	Mens	50m	Butterfly	Final
414	Womens	50m	Butterfly	Final
415	Mens	4 x 50m	Freestyle Relay	HDW
416	Womens	4 x 50m	Medley Relay	HDW

Session 7 Sunday 6th November - Start: TBA

701	Womens	200m	I.M.	Final
702	Mens	50m	Backstroke	Final
703	Womens	50m	Freestyle	Final
704	Mens	200m	Breaststroke	Final
705	Womens	200m	Breaststroke	Final
706	Mens	100m	Butterfly	Final
707	Womens	100m	Butterfly	Final
708	Mens	100m	IM	Final
709	Womens	100m	Backstroke	Final
710	Mens	100m	Freestyle	Final
711	Womens	200m	Freestyle	Final
712	Mens	200m	Backstroke	Final
713	Womens	50m	Breaststroke	Final
714	Mens	50m	Breaststroke	Final
715	Womens	4 x 50m	Freestyle Relay	HDW
716	Mens	4 x 50m	Medley Relay	HDW

There will be a break between individual finals and relays