

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



Schedule of Events



Saturday 28 th March 2020	Friday 24 th April 2020	Saturday 25 th April 2020	Sunday 26 th April 2020	Saturday 2 nd May 2020	Sunday 3 rd May 2020	Friday 8 th May 2020
Norwich	Norwich	Norwich	Norwich	Luton	Luton	Luton
Session 1	Session 2	Session 3	Session 6	Session 9	Session 12	Session 15
1500m (Afternoon WU)	800m (PM)	Heats	Heats	Heats	Heats	Heats
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+)	
		Session 4	Session 7	Session 10	Session 13	Session 16
		Heats	Heats	Heats	Heats	Heats
		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+)	
		Session 5	Session 8	Session 11	Session 14	Session 17
		Finals	Finals	Finals	Finals	Finals
		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+)	

