

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2015
Under ASA Laws and Technical Rules of Swimming
Mountbatten Centre, Portsmouth (25m Pool)
7th/8th November 2015

SATURDAY, 7th NOVEMBER 2015	SUNDAY, 8th NOVEMBER 2015
<p><u>Session ONE - Warm-up: tbc Start: tbc</u></p> <p>101 Mens 100m Freestyle (+MD S1-S14) 102 Womens 200m Freestyle (+MD S1-S5,S14) 103 Mens 50m Breaststroke (+MD SB1-SB3) 104 Womens 100m Breaststroke (+MD SB4-SB14) 105 Mens 400m Ind Medley HDW 106 Womens 100m Butterfly (+MD S8-S14) 107 Mens 100m Backstroke (+MD S6-S14) 108 Womens 50m Backstroke (+MD S1-S5) 109 Mens 100m Ind Medley (+MD SM5-SM14) 110 Mens 75m Ind Medley (MD SM1-SM4) HDW</p>	<p><u>Session FOUR - Warm-up: tbc Start: tbc</u></p> <p>401 Womens 100m Freestyle (+MD S1-S14) 402 Mens 200m Freestyle (+MD,S1-S5,S14) 403 Womens 50m Breaststroke (+MD SB1-SB3) 404 Mens 100m Breaststroke (+MD SB4-SB14) 405 Womens 400m Ind Medley HDW 406 Mens 100m Butterfly (+MD S8-A14) 407 Womens 100m Backstroke (+MD S6-S14) 408 Mens 50m Backstroke (+MD S1-S5) 409 Womens 100m Ind Medley (+MD SM5-SM14) 410 Womens 75m Ind Medley (MD SM1-SM4) HDW</p>
<p><u>Session TWO - Warm-up: tbc Start: tbc</u></p> <p>201 Mens 200m Butterfly 202 Womens 200m Ind Medley (+MD SM5-SM14) 203 Womens 150m Ind Medley (MD SM1-SM4) 204 Mens 400m Freestyle (+MD S6-S14) HDW 205 Womens 50m Freestyle (+MD S1-S14) 206 Mens 200m Breaststroke 207 Womens 800m Freestyle HDW 208 Mens 50m Butterfly (+MD S12-S7) 209 Womens 200m Backstroke</p>	<p><u>Session FIVE - Warm-up: tbc Start: tbc</u></p> <p>501 Womens 200m Butterfly 502 Mens 200m Ind Medley (+MD SM5-SM14) 503 Mens 150m Ind Medley (MD SM1-SM4) 504 Womens 400m Freestyle (+MD S6-S14) HDW 505 Mens 50m Freestyle (+MD S1-S14) 506 Womens 200m Breaststroke 507 Mens 1500m Freestyle HDW 508 Womens 50m Butterfly (+MD S1-S7) 509 Mens 200m Backstroke</p>
<p><u>Session THREE - Warm-up: tbc Start: tbc</u></p> <p>301 Womens 200m Freestyle Final 302 Mens 100m Freestyle Final 303 Womens 100m Breaststroke Final 304 Mens 50m Breaststroke Final 305 Womens 100m Butterfly Final 306 Mens 100m Backstroke Final 307 Womens 50m Backstroke Final 308 Mens 100m Ind Medley Final 309 Womens 200m Ind Medley Final 310 Mens 200m Butterfly Final 311 Womens 50m Freestyle Final 312 Mens 50m Butterfly Final 313 Womens 200m Backstroke Final 314 Mens 200m Breaststroke Final</p>	<p><u>Session SIX - Warm-up: tbc Start: tbc</u></p> <p>601 Mens 200m Freestyle Final 602 Womens 100m Freestyle Final 603 Mens 100m Breaststroke Final 604 Womens 50m Breaststroke Final 605 Mens 100m Butterfly Final 606 Womens 100m Backstroke Final 607 Mens 50m Backstroke Final 608 Womens 100m Ind Medley Final 609 Mens 200m Ind Medley Final 610 Womens 200m Butterfly Final 611 Mens 50m Freestyle Final 612 Womens 50m Butterfly Final 613 Mens 200m Backstroke Final 614 Womens 200m Breaststroke Final</p>