# AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
# WINTER CHAMPIONSHIPS 2011
## Under ASA Laws and Technical Rules of Swimming
## Licensed by the ASA for entry into National Competitions and Championships
## Aldershot Garrison (50m Pool)
## 3rd and 4th December 2011

**Event Manager**: Mrs Lis Hartley 29 Lyndhurst Close, Southgate, CRAWLEY, West Sussex RH11 8AP
**Entries Secretary**: Mrs Eileen Adams, 2 Glynswood, Chalfont St. Peter, Bucks SL9 0DP

**SATURDAY, 3rd December 2011**

| **Session ONE** | **Warm-up: 8:15am Start: 9am** | |
|---|---|---|
| Womens | 200m Freestyle | |
| Mens | 100m Freestyle | |
| Womens | 100m Breaststroke | |
| Mens | 50m Breaststroke | |
| Womens | 100m Butterfly | |
| Mens | 400m Ind Medley | HDW |
| Mens | 150m Ind Medley (MD) | HDW |
| Womens | 50m Backstroke | |
| Mens | 100m Backstroke | |
| Womens | 200m Freestyle | Final |
| Mens | 100m Freestyle | Final |
| Womens | 100m Breaststroke | Final |
| Mens | 50m Breaststroke | Final |
| Womens | 100m Butterfly | Final |
| Mens | 100m Backstroke | Final |
| Womens | 50m Backstroke | Final |

| **Session TWO** | **Warm-up: tbc Start: tbc** | |
|---|---|---|
| Mens | 200m Butterfly | |
| Womens | 200m Ind Medley | |
| Mens | 400m Freestyle | HDW |
| Womens | 50m Freestyle | |
| Mens | 200m Breaststroke | |
| Womens | 800m Freestyle | HDW |
| Mens | 50m Butterfly | |
| Womens | 200m Backstroke | |
| Mens | 200m Butterfly | Final |
| Womens | 200m Ind Medley | Final |
| Mens | 50m Butterfly | Final |
| Womens | 50m Freestyle | Final |
| Mens | 200m Breaststroke | Final |
| Womens | 200m Backstroke | Final |

Warm-up for relay swimmers

| | | |
|---|---|---|
| Mens | 4x100m Freestyle Team | HDW |
| Womens | 4x100m Medley Team | HDW |

**SUNDAY, 4th December 2011**

| **Session THREE** | **Warm-up 8:15am Start: 9am** | |
|---|---|---|
| Mens | 200m Freestyle | |
| Womens | 100m Freestyle | |
| Mens | 100m Breaststroke | |
| Womens | 50m Breaststroke | |
| Mens | 100m Butterfly | |
| Womens | 400m Ind Medley | HDW |
| Womens | 150m Ind Medley (MD) | HDW |
| Mens | 50m Backstroke | |
| Womens | 100m Backstroke | |
| Mens | 200m Freestyle | Final |
| Womens | 100m Freestyle | Final |
| Mens | 100m Breaststroke | Final |
| Womens | 50m Breaststroke | Final |
| Mens | 100m Butterfly | Final |
| Womens | 100m Backstroke | Final |
| Mens | 50m Backstroke | Final |

| **Session FOUR** | **Warm-up: tba Start: tba** | |
|---|---|---|
| Womens | 200m Butterfly | |
| Mens | 200m Ind Medley | |
| Womens | 400m Freestyle | HDW |
| Mens | 50m Freestyle | |
| Womens | 200m Breaststroke | |
| Mens | 1500m Freestyle | HDW |
| Womens | 50m Butterfly | |
| Mens | 200m Backstroke | |
| Womens | 200m Butterfly | Final |
| Mens | 200m Ind Medley | Final |
| Womens | 50m Butterfly | Final |
| Mens | 50m Freestyle | Final |
| Womens | 200m Breaststroke | Final |
| Mens | 200m Backstroke | Final |

Warm-up for relay swimmers

| | | |
|---|---|---|
| Mens | 4x100m Medley Team | HDW |
| Womens | 4x100m Freestyle Team | HDW |

September 14th, 2011