

**AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2006
Under ASA Laws and Technical Rules of Swimming
Licensed by the ASA for entry into National Competitions and Championships
WATERLOOVILLE LEISURE CENTRE, HANTS (25m Pool)
4th and 5th November 2006**

Event Manager: Mrs Lis Hartley 29 Lyndhurst Close, Southgate, CRAWLEY, West Sussex RH11 8AP (01293 515519)

Event Secretary: Mr Mike Lambert 79 Camrose Way, BASINGSTOKE, Hants RG21 3AW (01256 326114)

SATURDAY, 4 November 2006

Session ONE Warm-up: 09:00 Start: 10:00

Mens	100m Freestyle	
Womens	200m Freestyle	
Mens	50m Breaststroke	
Womens	100m Breaststroke	
Mens	400m Ind Medley	HDW
Mens	150m Ind Medley (Disability event)	
Womens	100m Butterfly	
Mens	100m Backstroke	
Womens	50m Backstroke	
Mens	100m Freestyle	Final
Womens	200m Freestyle	Final
Mens	50m Breaststroke	Final
Womens	100m Breaststroke	Final
Mens	150m Disability Ind Med	Final
Womens	100m Butterfly	Final
Mens	100m Backstroke	Final
Womens	50m Backstroke	Final

Session TWO Warm-up: tba Start: tba

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

Session THREE Warm-up: tba Start: tba

Mens	200m Butterfly	
Womens	200m Ind Medley	
Mens	400m Freestyle	HDW
Womens	50m Freestyle	
Mens	200m Breaststroke	
Mixed	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

SUNDAY, 5 November 2006

Session FOUR Warm-up: 08:15 Start: 09:15

Womens	100m Freestyle	
Mens	200m Freestyle	
Womens	50m Breaststroke	
Mens	100m Breaststroke	
Womens	400m Ind Medley	HDW
Mixed	150m Ind Medley (Disability event)	
Mens	100m Butterfly	
Womens	100m Backstroke	
Mens	50m Backstroke	
Womens	100m Freestyle	Final
Mens	200m Freestyle	Final
Womens	50m Breaststroke	Final
Mens	100m Breaststroke	Final
Womens	150m Disability Ind Med	Final
Mens	100m Butterfly	Final
Womens	100m Backstroke	Final
Mens	50m Backstroke	Final

Session FIVE Warm-up: tba Start:tba

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

Session SIX Warm-up: tba Start: tba

Womens	200m Butterfly	
Mens	200m Ind Medley	
Womens	400m Freestyle	HDW
Mens	50m Freestyle	
Womens	200m Breaststroke	
Mixed	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