

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION
WINTER CHAMPIONSHIPS 2007
Under ASA Laws and Technical Rules of Swimming
Licensed by the ASA for entry into National Competitions and Championships
CRYSTAL PALACE (50m Pool)
3th and 4th November 2007

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

Event Secretary: Mrs Eileen Adams, 2 Glynswood, Chalfont St. Peter, Bucks SL9 0DP

SATURDAY, 3 November 2007

Session ONE	Warm-up: 08:15 Start: 09:15	Session TWO	Warm-up: tba Start: tba	
Mens	100m Freestyle	Mens	200m Butterfly	
Womens	200m Freestyle	Womens	200m Ind Medley	
Mens	50m Breaststroke	Mens	400m Freestyle	HDW
Womens	100m Breaststroke	Womens	50m Freestyle	
Mens	400m Ind Medley	Mens	200m Breaststroke	
Mens	150m Ind Medley (Disability event)	Mixed	800m Freestyle	HDW
Womens	100m Butterfly	Mens	50m Butterfly	
Mens	100m Backstroke	Womens	200m Backstroke	
Womens	50m Backstroke	Mens	200m Butterfly	Final
Mens	100m Freestyle	Womens	200m Ind Medley	Final
Womens	200m Freestyle	Mens	50m Butterfly	Final
Mens	50m Breaststroke	Womens	50m Freestyle	Final
Womens	100m Breaststroke	Mens	200m Breaststroke	Final
Mens	150m Disability Ind Med	Womens	200m Backstroke	Final
Womens	100m Butterfly			
Mens	100m Backstroke			
Womens	50m Backstroke			
Warm-up for relay swimmers				
Mens	4x100m Freestyle Team			HDW
Womens	4x100m Medley Team			HDW

SUNDAY, 4th November 2007

Session THREE	Warm-up 08:15 Start: 09:15	Session FOUR	Warm-up: tba Start: tba	
Womens	100m Freestyle	Womens	200m Butterfly	
Mens	200m Freestyle	Mens	200m Ind Medley	
Womens	50m Breaststroke	Womens	400m Freestyle	HDW
Mens	100m Breaststroke	Mens	50m Freestyle	
Womens	400m Ind Medley	Womens	200m Breaststroke	
Mixed	150m Ind Medley (Disability event)	Mixed	1500m Freestyle	HDW
Mens	100m Butterfly	Womens	50m Butterfly	
Womens	100m Backstroke	Mens	200m Backstroke	
Mens	50m Backstroke	Womens	200m Butterfly	Final
Womens	100m Freestyle	Mens	200m Ind Medley	Final
Mens	200m Freestyle	Womens	50m Butterfly	Final
Womens	50m Breaststroke	Mens	50m Freestyle	Final
Mens	100m Breaststroke	Womens	200m Breaststroke	Final
Womens	150m Disability Ind Med	Mens	200m Backstroke	Final
Mens	100m Butterfly			
Womens	100m Backstroke			
Mens	50m Backstroke			
Warm-up for relay swimmers				
Mens	4x100m Medley Team			HDW
Womens	4x100m Freestyle Team			HDW