

**Swim England South East Regional Championships 2023**  
**Schedule of Events: Girls/Ladies 15 & Over, Boys/Men 16 & Over**



Friday 28 <sup>th</sup> April	Saturday 29 <sup>th</sup> April	Sunday 30 <sup>th</sup> April	Monday 1 <sup>st</sup> May
<p align="center"><b>Session 5</b> Warm Up: 19:00 First Event 19:30</p> <p>301: Female 1500m Freestyle 302: Male 1500m Freestyle</p>	<p align="center"><b>Session 6</b> Warm-Up 08:00 First Event 09:00</p> <p>401: Girls 4x100m Medley Teams 402: Ladies 4x100m Medley Teams 403: Male 200m Freestyle 404: Female 200m Backstroke 405: Male 50m Breaststroke 406: Female 50m Butterfly 407: Male 100m Backstroke 408: Female 100m Freestyle Break 403-408: Finals</p>	<p align="center"><b>Session 8</b> Warm-Up 08:00 First Event 09:00</p> <p>501: Boys 4x100m Medley Teams 502: Mens 4x100m Medley Teams 503: Female 400m Ind Medley 504: Male 200m Ind Medley 505: Female 400m Freestyle Break 506: Male 800m Freestyle 504: Final</p>	<p align="center"><b>Session 10</b> Warm-Up 08:00 First Event 09:00</p> <p>601: Girls 4x200m Freestyle Teams 602: Ladies 4x200m Freestyle Teams 603: Male 400m Ind Medley 604: Female 200m Ind Medley 605: Male 400m Freestyle Break 606: Female 800m Freestyle 604: Final</p>
	<p align="center"><b>Session 7</b> Warm-Up 13:30 First Event 14:30</p> <p>451: Boys 4x200m Freestyle Teams 452: Mens 4x200m Freestyle Teams 453: Female 200m Butterfly 454: Male 50m Freestyle 455: Female 50m Backstroke 456: Male 200m Butterfly 457: Female 100m Breaststroke 458: Male 100m Breaststroke Break 453-458: Finals</p>	<p align="center"><b>Session 9</b> Warm-Up 13:00 First Event 14:00</p> <p>551: Boys 4x100m Freestyle Teams 552: Mens 4x100m Freestyle Teams 553: Female 200m Breaststroke 554: Male 50m Butterfly 555: Female 50m Freestyle 556: Male 200m Backstroke 557: Female 100m Backstroke 558: Male 100m Freestyle Break 553-558: Finals</p>	<p align="center"><b>Session 11</b> Warm-Up 13:00 First Event: 14:00</p> <p>651: Girls 4x100m Freestyle Teams 652: Ladies 4x100m Freestyle Teams 653: Male 200m Breaststroke 654: Female 50m Breaststroke 655: Male 50m Backstroke 656: Female 200m Freestyle 657: Male 100m Butterfly 658: Female 100m Butterfly Break 653-658: Finals</p>
Est Finish: 22:00	Est Finish: 18:30	Est Finish: 18:00	Est Finish: 18:00

All session times are provisional, subject to confirmation.  
Version 4, 22<sup>nd</sup> January 2023