

**SWIM ENGLAND SOUTH EAST OPEN/JUNIOR SWIMMING CHAMPIONSHIPS 2023**  
**Under Swim England Laws and Technical Rules of Swimming (25m Pool)**  
**4<sup>th</sup>/5<sup>th</sup> November 2023**

**Schedule of Events**

<b>SATURDAY, 4<sup>th</sup> NOVEMBER 2023</b>			<b>SUNDAY, 5<sup>th</sup> NOVEMBER 2023</b>		
<u>Session ONE – Warm-Up: 08:00 Start: 09:05</u>			<u>Session THREE – Warm-Up: 08:00 Start: 09:05</u>		
101	Men/Open	200m Freestyle	301	Women	200m Freestyle
102	Women	50m Breaststroke	302	Men/Open	50m Breaststroke
103	Men/Open	100m Breaststroke	303	Women	100m Breaststroke
104	Women	100m Backstroke	304	Men/Open	100m Backstroke
105	Men/Open	100m Butterfly	305	Women	100m Butterfly
106	Women	200m Butterfly	306	Men/Open	200m Butterfly
107	Men/Open	50m Backstroke	307	Women	50m Backstroke
108	Women	200m Ind Medley	308	Men/Open	200m Ind Medley
109	Women	150m Ind Medley (MC only)	309	Men/Open	150m Ind Medley (MC only)
	Break			Break	
	Finals of events 101-108			Finals of events 301-308	
110	Men/Open	400m Ind Medley	310	Women	400m Ind Medley
<u>Session TWO – Warm-up 13:30 Start: 14:35</u>			<u>Session FOUR – Warm-up: 13:30 Start: 14:35</u>		
201	Men/Open	50m Freestyle	401	Women	50m Freestyle
202	Women	100m Freestyle	402	Men/Open	100m Freestyle
203	Men/Open	200m Backstroke	403	Women	200m Backstroke
204	Women	200m Breaststroke	404	Men/Open	200m Breaststroke
205	Men/Open	100m Ind Medley	405	Women	100m Ind Medley
206	Men/Open	75m Ind Medley (MC only)	406	Women	75m Ind Medley (MC only)
207	Women	50m Butterfly	407	Men/Open	50m Butterfly
	Break			Break	
	Finals of events 201-205, 207			Finals of events 401-405, 407	
208	Men/Open	1500m Freestyle	408	Women	800m Freestyle
209	Women	400m Freestyle	409	Men/Open	400m Freestyle
Estimated Finish: 18:45			Estimated Finish: 18:15		

All times are subject to confirmation.

There will be a 20 minute break in each session.

Version 3: 30th July 2023