

# East Swimming 2017 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

## Weekend One

**Inspire: Luton Sports Village, Luton**  
**Saturday 29<sup>th</sup> April to Monday 1<sup>st</sup> May 2017**

(Licensed Meet No. 1ER170219)



### Schedule of Events

#### 15/Over Age Group Individual Events & All Relays Also Incorporating Para-Swimming Events

#### Session One

**Saturday 29<sup>th</sup> April**

Heats Session

Start 09:30

- 111 Women's 200m Butterfly
- 112 Men's 50m Backstroke
- 113 Women's 50m Freestyle
- 114 Men's 100m Breaststroke
- 115 Women's 200m Breaststroke
- 116 Men's 100m Butterfly
- 117 Women's 400m Freestyle (HDW)

#### Session Four

**Sunday 30<sup>th</sup> April**

Heats Session

Start 09:30

- 211 Men's 200m Butterfly
- 212 Women's 50m Backstroke
- 213 Men's 50m Freestyle
- 214 Women's 100m Breaststroke
- 215 Men's 200m Breaststroke
- 216 Women's 100m Butterfly
- 217 Men's 400m Freestyle (HDW)

#### Session Seven

**Monday 1<sup>st</sup> May**

Distance Session

Start 09:10

- 311 Womens 800 Free (HDW)
- 312 Men s 1500 Free (HDW)

#### Session Two

**Saturday 29<sup>th</sup> April**

Heats Session

Start 13:45

- 121 Women's 200m Backstroke
- 122 Men's 100m Freestyle
- 123 Women's 50m Breaststroke
- 124 Men's 400m I.M. (HDW)
- 125-126 Women's 4x200m Team (HDW) \*\*

#### Session Five

**Sunday 30<sup>th</sup> April**

Heats Session

Start 13:40

- 221 Men's 200m Backstroke
- 222 Women's 100m Freestyle
- 223 Men's 50m Breaststroke
- 224 Women's 400m I.M. (HDW)
- 225-226 Men's 4x200m Team (HDW) \*\*

#### Session Eight

**Monday 1<sup>st</sup> May**

Heats Session

Start 12:15

- 321 Men's 200m I.M.
- 322 Women's 200m I.M.
- 323 Men's 100m Backstroke
- 324 Women's 100m Backstroke
- 325 Men's 200m Freestyle
- 326 Women's 200m Freestyle
- 327 Men's 50m Butterfly
- 328 Women's 50m Butterfly

#### Session Three

**Saturday 29<sup>th</sup> April**

Finals Session

Start 17:20

- 131-133 Women's 200m Butterfly
- 134-136 Men's 50m Backstroke
- 137-139 Women's 50m Freestyle
- 140-142 Men's 100m Breaststroke
- 143-145 Women's 200m Breaststroke
- 146-148 Men's 100m Butterfly
- 149-151 Women's 200m Backstroke
- 152-154 Men's 100m Freestyle
- 155-157 Women's 50m Breaststroke
- 10 Min Break Warm up/Swim Down
- 158-159 Men's 4x100m Medley (HDW) \*\*
- 160-161 Women's 4x100m Free (HDW) \*\*

#### Session Six

**Sunday 30<sup>th</sup> April**

Finals Session

Start 17:05

- 231-233 Men's 200m Butterfly
- 234-236 Women's 50m Backstroke
- 237-239 Men's 50m Freestyle
- 240-242 Women's 100m Breaststroke
- 243-245 Men's 200m Breaststroke
- 246-248 Women's 100m Butterfly
- 249-251 Men's 200m Backstroke
- 252-254 Women's 100m Freestyle
- 255-257 Men's 50m Breaststroke
- 10 Min Break Warm up/Swim Down
- 258-259 Women's 4x100m Medley (HDW) \*\*
- 260-261 Men's 4x100m Free (HDW) \*\*

#### Session Nine

**Monday 1<sup>st</sup> May**

Finals Session

Start 16:15

- 331-333 Men's 200m I.M.
- 334-336 Women's 200m I.M.
- 337-339 Men's 100m Backstroke
- 340-342 Women's 100m Backstroke
- 343-345 Men's 200m Freestyle
- 346-348 Women's 200m Freestyle
- 349-351 Men's 50m Butterfly
- 352-354 Women's 50m Butterfly

(HDW) – Heat Declared Winners

\*\* -- 14-16 age group relays will be first event, 17/OV age group will be second.