

Suffolk County Championships 2018

Session 1

Warm Up: tba

F 800 Free

M 1500 Free

Session 2

Saturday 3rd February

Warm Up: 2:30 pm

Start: tba

Est Finish: tba

F 100 Breast

M 100 IM HDW

F 50 Free

M 50 Back

F 200 Fly HDW

M 200 Breast HDW

10 minute break

F 100 Breast Finals

M 50 Back Finals

F 50 Free Finals

Session 3

Sunday 4th February

Warm Up: 8:30 am

Start: tba

Est Finish: tba

F 50 Fly

M 50 Breast

F 100 Free

M 400 IM HW

F 200 Back HDW

10 minute break

F 50 Fly Finals

M 50 Breast Finals

F 100 Free Finals

Session 4

Sunday 4th February

Warm Up: tba

Start: tba

Est Finish: tba

F 100 Fly

M 100 Back

F 200 Free HDW

M 200 IM HDW

5 minute break

F 100 Fly Finals

M 100 Back Finals

At Crown Pools, Ipswich

Session 5

Saturday 10th February

Warm Up: 2:30

Start: tba

Est Finish: tba

M 100 Breast

F 100 IM HDW

M 50 Free

F 50 Back

M 200 Fly HDW

F 200 Breast HDW

10 minute break

M 100 Breast Finals

F 50 Back Finals

M 50 Free Finals

Session 6

Sunday, 11th February

Warm Up: 8:30

Start: tba

Est Finish: tba

M 50 Fly

F 50 Breast

M 100 Free

F 400 IM HW

M 200 Back HDW

10 minute break

M 50 Fly Finals

F 50 Breast Finals

M 100 Free Finals

Session 7

Sunday, 11th February

Warm Up: tba

Start: tba

Est Finish: tba

M 100 Fly

F 100 Back

M 200 Free HDW

F 200 IM HDW

5 minute break

M 100 Fly Finals

F 100 Back Finals

Session 8

Sunday 25th February

Warm Up: tba

Start: tba

Est Finish: tba

F 400 Free

M 400 Free

SESSION 9

Sunday 25th February

Warm Up: tba

Start: tba

Est Finish: tba

F SKINS

M SKINS

F 14/15 200 Free Team

M 14/15 200 Medley Team

F 12/13 200 Free Team

M 12/13 200 Medley Team

F 10/11 200 Free Team

M 10/11 200 Medley Team

F Open 200 Free Team

M Open 200 Medley Team

break

F 14/15 200 Medley Team

M 14/15 200 Free Team

F 12/13 200 Medley Team

M 12/13 200 Free Team

F 10/11 200 Medley Team

M 10/11 200 Free Team

F Open 200 Medley Team

M Open 200 Free Team



Draft

18/03/17

Age Group Presentations will be made during session 9