

# Suffolk County Championships 2019

## At Crown Pools, Ipswich

### Session 1

Saturday 19th Jan

Warm Up: 1pm

F 800 Free

M 1500 Free

### Session 2

Sunday 20th Jan

Warm Up: 1pm

M 800 Free

F 1500 Free

### Session 3

Saturday 2nd Feb

Warm Up: 2:30pm

Start: 3:50pm

Est Finish: 7:30pm

M 100 Free

F 100 IM HDW

M 50 Fly

F 50 Free

M 200 Breast HDW

F 200 Fly HDW

15 minute break

M 100 Free Finals

F 50 Free Finals

M 50 Fly Finals

### Session 4

Sunday 3rd Feb

Warm Up: 8:30am

Start: 9:35am

Est Finish: 1:15pm

F 100 Fly

M 50 Breast

F 50 Back

M 400 IM HDW

F 200 IM HDW

15 minute break

F 100 Fly Finals

M 50 Breast Finals

F 50 Back Finals

### Session 5

Sunday 3rd Feb

Warm Up: 1:45pm

Start: 2:50pm

Est Finish: 5:45pm

F 100 Breast

M 100 Back

F 200 Back HDW

M 200 Free HDW

5 minute break

F 100 Breast Finals

M 100 Back Finals

### Session 6

Saturday 9th Feb

Warm Up: 2:30pm

Start: 3:50pm

Est Finish: 7:30pm

F 100 Free

M 100 IM HDW

F 50 Fly

M 50 Free

F 200 Breast HDW

M 200 Fly HDW

15 minute break

F 100 Free Finals

M 50 Free Finals

F 50 Fly Finals

### Session 7

Sunday 10th Feb

Warm Up: 8:30am

Start: 9:35am

Est Finish: 12:45pm

M 100 Fly

F 50 Breast

M 50 Back

F 400 IM HW

M 200 IM HDW

15 minute break

M 100 Fly Finals

F 50 Breast Finals

M 50 Back Finals

### Session 8

Sunday 10th Feb

Warm Up: 1:15pm

Start: 2:20pm

Est Finish: 5:20pm

M 100 Breast

F 100 Back

M 200 Back HDW

F 200 Free HDW

5 minute break

M 100 Breast Finals

F 100 Back Finals

### Session 9

Sunday 24th Feb

Warm Up: 10:00am

Start: 10:35am

Est Finish: 12:30pm

F 400 Free HDW

M 400 Free HDW

### Session 10

Sunday 24th Feb

Warm Up: 1:00pm

Start: 2:35pm

Est Finish: 5:00pm

F SKINS - Free

M SKINS - Free

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

Finish times added  
20/01/19

Age Group Presentations will be made during session 10