# Suffolk County Championships 2017 

Session 1 @ UEA Saturday, 21 ${ }^{\text {st }}$ January Warm Up: tba
F 800 Free
M 1500 Free

## Session 2

Saturday, $4^{\text {th }}$ February
Warm Up: 2:30 pm
Start: tba
Est Finish: tba
F 100 Fly
M 100 Back
F 50 Free
M 50 Breast
F 400 IM HDW
M 200 Fly HDW
10 minute break
F 100 Fly Finals
M 100 Back Finals
F 50 Free Finals
M 50 Breast Finals

## At Crown Pools, Ipswich

## Session 3

Sunday, $\mathbf{5}^{\text {th }}$ February
Warm Up: 8:30 am
Start: tba
Est Finish: tba
F 50 Fly
M 50 Back
F 100 IM HDW
M 200 Breast HDW
F 200 Back HDW
5 minute break
M 50 Back Finals
F 50 Fly Finals

## Session 4

## Sunday, $5^{\text {th }}$ February

Warm Up: tba
Start: tba
Est Finish: tba
F 100 Breast
M 100 Free
F 200 Free HDW
M 200 IM HDW
5 minute break
F 100 Breast Finals
M 100 Free Finals

## Session 5

Saturday, 11 ${ }^{\text {th }}$ February Warm Up: 2:30
Start: tba Est Finish: tba
M 100 Fly
F 100 Back
M 50 Free
F 50 Breast
M 400 IM HDW
F 200 Fly HDW
10 minute break
M 100 Fly Finals
F 100 Back Finals
M 50 Free Finals
F 50 Breast Finals

Session 6
Sunday, $\mathbf{1 2}^{\text {th }}$ February Warm Up: 8:30
Start: tba
Est Finish: tba
M 50 Fly
F 50 Back
M 100 IM HDW
F 200 Breast HDW
M 200 Back HDW
5 minute break
F 50 Back Finals
M 50 Fly Finals

## Session 7

Sunday, $12{ }^{\text {th }}$ February Warm Up: tba
Start: tba Est Finish: tba
M 100 Breast
F 100 Free
M 200 Free HDW
F 200 IM HDW
5 minute break
M 100 Breast Finals
F 100 Free Finals

