

East Swimming

2017 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

Weekend One

Inspire: Luton Sports Village, Luton

Saturday 29th April to Monday 1st 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 th April Heats Session Start TBA		Session Four Sunday 30 th April Heats Session Start TBA		Session Seven Monday 1st May Distance Session Start TBA
111 112 113 114 115 116 117	Women's 200m Butterfly Men's 50m Backstroke Women's 50m Freestyle Men's 100m Breaststroke Women's 200m Breaststroke Men's 100m Butterfly Women's 400m Freestyle (HDW)	211 212 213 214 215 216 217	Men's 200m Butterfly Women's 50m Backstroke Men's 50m Freestyle Women's 100m Breaststroke Men's 200m Breaststroke Women's 100m Butterfly Men's 400m Freestyle (HDW)	311 312	Womens 800 Free (HDW) Men s 1500 Free (HDW)
	Session Two Saturday 29 th April Heats Session Start TBA		Session Five Sunday 30th April Heats Session Start TBA		Session Eight Monday 1st May Heats Session Start TBA
121 122 123 124 125-126	Women's 200m Backstroke Men's 100m Freestyle Women's 50m Breaststroke Men's 400m I.M. (HDW) Women's 4x200m Team (HDW) **	221 222 223 224 225-226	Men's 200m Backstroke Women's 100m Freestyle Men's 50m Breaststroke Women's 400m I.M. (HDW) Men's 4x200m Team (HDW) **	321 322 323 324 325 326	Men's 200m I.M. Women's 200m I.M. Men's 100m Backstroke Women's 100m Backstroke Men's 200m Freestyle Women's 200m Freestyle

	Session Three		Session Six		Session Nine
	Saturday 29 th April		Sunday 30 th April		Monday 1st May
	Finals Session		Finals Session		Finals Session
	Start TBA		Start TBA		Start TBA
131-133	Women's 200m Butterfly	231-233	Men's 200m Butterfly	331-333	Men's 200m I.M.
134-136	Men's 50m Backstroke	234-236	Women's 50m Backstroke	334-336	Women's 200m I.M.
137-139	Women's 50m Freestyle	237-239	Men's 50m Freestyle	337-339	Men's 100m Backstroke
140-142	Men's 100m Breaststroke	240-242	Women's 100m Breaststroke	340-342	Women's 100m Backstroke
143-145	Women's 200m Breaststroke	243-245	Men's 200m Breaststroke	343-345	Men's 200m Freestyle
146-148	Men's 100m Butterfly	246-248	Women's 100m Butterfly	346-348	Women's 200m Freestyle
149-151	Women's 200m Backstroke	249-251	Men's 200m Backstroke	349-351	Men's 50m Butterfly
152-154	Men's 100m Freestyle	252-254	Women's 100m Freestyle	352-354	Women's 50m Butterfly
155-157	Women's 50m Breaststroke	255-257	Men's 50m Breaststroke		-

Women's 4x100m Medley (HDW) **

Men's 4x100m Free (HDW) **

(HDW) - Heat Declared Winners

158-159 Men's 4x100m Medley (HDW) **

160-161 Women's 4x100m Free (HDW) **

258-259

260-261

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



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Weekend Two

UEA Sportspark, Norwich Saturday 27th – Monday 29th May 2017 (Licensed Meet No. 1ER170220)



Schedule of Events

14/Under Age Group Individual Events

411 412 413 414 415	Session Ten Saturday 27 th May Heats Session Start TBA Women's 200m Butterfly Men's 200m Breaststroke Women's 100m Breaststroke Men's 50m Butterfly Women's 400m Freestyle (HDW)	511 512 513 514 515	Session Thirteen Sunday 28 th May Heats Session Start TBA Men's 200m Butterfly Women's 200m Breaststroke Men's 100m Breaststroke Women's 50m Butterfly Men's 400m Freestyle (HDW)	611 612 613 614	Session Sixteen Monday 29 th May Heats Session Start TBA Women's 800 Free (HDW) Men's 1500 Free (HDW) Women's 50m Breaststroke* Men's 50m Breaststroke*
421 422 423 424 425 426	Session Eleven Saturday 27 th May Heats Session Start TBA Women's 200m I.M. Men's 100m Backstroke Women's 100m Freestyle Men's 50m Freestyle Women's 200m Backstroke Men's 400m I.M. (HDW)	521 522 523 524 525 526	Session Fourteen Sunday 28th May Heats Session Start TBA Men's 200m I.M. Women's 100m Backstroke Men's 100m Freestyle Women's 50m Freestyle Men's 200m Backstroke Women's 400m I.M. (HDW)	621 622 623 624 625 626	Session Seventeen Monday 29 th May Heats Session Start TBA Women's 100m Butterfly Men's 100m Butterfly Women's 50m Backstroke Men's 50m Backstroke Women's 200m Freestyle Men's 200m Freestyle
431-433 434-436 437-439 440-442 443-445 446-448 449-451 452-454	Session Twelve Saturday 27 th May Finals Session Start TBA Women's 200m Butterfly Men's 200m Breaststroke Women's 100m Breaststroke Men's 50m Butterfly Women's 200m I.M. Men's 100m Backstroke Women's 100m Freestyle Men's 50m Freestyle Women's 200m Backstroke	531-533 535-536 537-539 540-542 543-545 546-548 549-551 552-554 555-557	Session Fifteen Sunday 28 th May Finals Session Start TBA Men's 200m Butterfly Women's 200m Breaststroke Men's 100m Breaststroke Women's 50m Butterfly Men's 200m I.M. Women's 100m Backstroke Men's 100m Freestyle Women's 50m Freestyle Women's 50m Freestyle Men's 200m Backstroke	631-633 636-636 637-639 640-642 643-645 646-648 649-651 652-654	Session Eighteen Monday 29 th May Finals Session Start TBA Women's 100m Butterfly Men's 100m Butterfly Women's 50m Breaststroke Men's 50m Breaststroke Women's 200m Freestyle Men's 200m Freestyle Women's 50m Backstroke Men's 50m Backstroke

(HDW) - Heat Declared Winners

^{*} A 25 minute warm-up will take place at the conclusion of the Men's 1500m Freestyle. This will be for competitors in the Men's and Women's 50m Breaststroke. The earliest possible timing of this additional warm-up will be posted online following receipt of entries. Competitors in the distance Freestyle events may also warm-down during this period.