

SENW Summer Regionals – Programme

Age as at 31st December 2023

Session 1 – Saturday 25 th March 2023	Session 2 – Saturday 25 th March 2023
Time - TBC	Time - TBC
101 Mens 15/Over 200 Breaststroke	151 Womens 15/Over 200 I.M.
102 Womens 15/Over 100 Butterfly	152 Mens 15/Over 50 Freestyle
103 Men 15/Over 100 Freestyle	153 Womens 15/Over 50 Backstroke
104 Womens 15/Over 50 Breaststroke	154 Mens 15/Over 100 Backstroke
105 Mens 15/Over 50 Butterfly	155 Womens 15/Over 200 Freestyle
106 Womens 15/Over 200 Backstroke	156 Mens 15/Over 200 Butterfly
107 Mens 15/Over 400 IM (HDW)	157 Womens 15/Over 100 Breaststroke
108 Womens 15/Over 800 Freestyle (HDW)	158 Mens 15/Over 400 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
109 Mens 15 200 Breaststroke	159 Womens 15 200 I.M
110 Mens 16 200 Breaststroke	160 Womens 16 200 I.M
111 Mens 17/Over 200 Breaststroke	161 Womens 17/Over 200 I.M
112 Womens 15 100 Butterfly	162 Mens 15 50 Freestyle
113 Womens 16 100 Butterfly	163 Mens 16 50 Freestyle
114 Womens 17/Over 100 Butterfly	164 Mens 17/Over 50 Freestyle
115 Mens 15 100 Freestyle	165 Womens 15 50 Backstroke
116 Mens 16 100 Freestyle	166 Womens 16 50 Backstroke
117 Mens 17/Over 100 Freestyle	167 Womens 17/Over 50 Backstroke
118 Womens 15 50 Breaststroke	168 Mens 15 100 Backstroke
119 Womens 16 50 Breaststroke	169 Mens 16 100 Backstroke
120 Womens 17/Over 50 Breaststroke	170 Mens 17/Over 100 Backstroke
121 Mens 15 50 Butterfly	171 Womens 15 200 Freestyle
122 Mens 16 50 Butterfly	172 Womens 16 200 Freestyle
123 Mens 17/Over 50 Butterfly	173 Womens 17/Over 200 Freestyle
124 Womens 15 200 Backstroke	174 Mens 15 200 Butterfly
125 Womens 16 200 Backstroke	175 Mens 16 200 Butterfly
126 Womens 17/Over 200 Backstroke	176 Mens 17/Over 200 Butterfly
	177 Womens 15 100 Breaststroke
	178 Womens 16 100 Breaststroke
	179 Womens 17/Over 100 Breaststroke

Session 3 – Sunday 26 th March 2023	Session 4 – Sunday 26 th March 2023
Time - TBC	Time - TBC
201 Mens 14/16 4 x 200 Free Team	251 Womens 14/16 4 x 200 Fee Team
202 Mens 17/Over 4 x 200 Free Team	252 Womens 17/Over 4 x 200 Free Team
203 Womens 15/Over 200 Breaststroke	253 Mens 15/Over 200 I.M.
204 Mens 15/Over 100 Butterfly	254 Womens 15/Over 50 Freestyle
205 Womens 15/Over 100 Freestyle	255 Mens 15/Over 50 Backstroke
206 Mens 15/Over 50 Breaststroke	256 Womens 15/Over 100 Backstroke
207 Womens 15/Over 50 Butterfly	257 Mens 15/Over 200 Freestyle
208 Mens 15/Over 200 Backstroke	258 Womens 15/Over 200 Butterfly
209 Womens 15/Over 400 IM (HDW)	259 Mens 15/Over 100 Breaststroke
210 Mens 15/Over 1500 Freestyle (HDW)	260 Womens 15/Over 400 Freestyle HDW
<u>Finals</u>	<u>Finals</u>
211 Womens 15 200 Breaststroke	261 Mens 15 200 I.M
212 Womens 16 200 Breaststroke	262 Mens 16 200 I.M
213 Womens 17/Over 200 Breaststroke	263 Mens 17/Over 200 I.M
214 Mens 15 100 Butterfly	264 Womens 15 50 Freestyle
215 Mens 16 100 Butterfly	265 Womens 16 50 Freestyle
216 Mens 17/Over 100 Butterfly	266 Womens 17/Over 50 Freestyle
217 Womens 15 100 Freestyle	267 Mens 15 50 Backstroke
218 Womens 16 100 Freestyle	268 Mens 16 50 Backstroke
219 Womens 17/Over 100 Freestyle	269 Mens 17/Over 50 Backstroke
220 Mens 15 50 Breaststroke	270 Womens 15 100 Backstroke
221 Mens 16 50 Breaststroke	271 Womens 16 100 Backstroke
222 Mens 17/Over 50 Breaststroke	272 Womens 17/Over 100 Backstroke
223 Womens 15 50 Butterfly	273 Mens 15 200 Freestyle
224 Womens 16 50 Butterfly	274 Mens 16 200 Freestyle
225 Womens 17/Over 50 Butterfly	275 Mens 17/Over 200 Freestyle
226 Mens 15 200 Backstroke	276 Womens 15 200 Butterfly
227 Mens 16 200 Backstroke	277 Womens 16 200 Butterfly
228 Mens 17/Over 200 Backstroke	278 Womens 17/Over 200 Butterfly
	279 Mens 15 100 Breaststroke
	280 Mens 16 100 Breaststroke
	281 Mens 17/Over 100 Breaststroke

Session 5 – Saturday 29th April 2023	Session 6 – Saturday 29th April 2023
Time - TBC	Time - TBC
301 Mens 14/16 4 x 100 Free Team	351 Womens 14/16 4 x 100 Free Team
302 Mens 17/Over 4 x 100 Free Team	352 Womens 17/Over 4 x 100 Free Team
303 Womens 14/U 200 Butterfly	353 Mens 14/U 50 Freestyle
304 Mens 14/U 50 Butterfly	354 Womens 14/U 100 Freestyle
305 Womens 14/U 50 Backstroke	355 Mens 14/U 200 IM
306 Mens 14/U 200 Freestyle	356 Womens 14/U 100 Breaststroke
307 Womens 14/U 800 Freestyle (HDW)	357 Mens 14/U 400 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
308 Mens 11/12 200 Freestyle	358 Womens 11/12 100 Freestyle
309 Mens 13 200 Freestyle	359 Womens 13 100 Freestyle
310 Mens 14 200 Freestyle	360 Womens 14 100 Freestyle
311 Womens 11/12 200 Butterfly	361 Mens 11/12 50 Freestyle
312 Womens 13 200 Butterfly	362 Mens 13 50 Freestyle
313 Women 14 200 Butterfly	363 Mens 14 50 Freestyle
314 Mens 11/12 50 Butterfly	364 Womens 11/12 100 Breaststroke
315 Mens 13 50 Butterfly	365 Womens 13 100 Breaststroke
316 Mens 14 50 Butterfly	366 Womens 14 100 Breaststroke
317 Womens 11/12 50 Backstroke	367 Mens 11/12 200 IM
318 Womens 13 50 Backstroke	368 Mens 13 200 IM
319 Womens 14 50 Backstroke	369 Mens 14 200 IM

Session 7 – Sunday 30th April 2023	Session 8 – Sunday 30th April 2023
Time - TBC	Time - TBC
401 Mens 14/16 4 x 100 Medley Team	451 Womens 14/16 4 x 100 Medley Team
402 Mens 17/Over 4 x 100 Medley Team	452 Womens 17/Over 4 x 100 Medley Team
403 Womens 14/U 200 Freestyle	453 Mens 14/U 100 Freestyle
404 Mens 14/U 50 Backstroke	454 Womens 14/U 200 IM
405 Womens 14/U 100 Backstroke	455 Mens 14/U 200 Backstroke
406 Mens 14/U 1500 Freestyle (HDW)	456 Womens 14/U 400 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
407 Womens 11/12 200 Freestyle	457 Mens 11/12 100 Freestyle
408 Womens 13 200 Freestyle	458 Mens 13 100 Freestyle
409 Womens 14 200 Freestyle	459 Mens 14 100 Freestyle
410 Mens 11/12 50 Backstroke	460 Womens 11/12 200 IM
411 Mens 13 50 Backstroke	461 Womens 13 200 IM
412 Mens 14 50 Backstroke	462 Womens 14 200 IM
413 Womens 11/12 100 Backstroke	463 Mens 11/12 200 Backstroke
414 Womens 13 100 Backstroke	464 Mens 13 200 Backstroke
415 Womens 14 100 Backstroke	465 Mens 14 200 Backstroke

Session 9 – Saturday 13 th May 2023	Session 10 – Saturday 13 th May 2023
Time - TBC	Time - TBC
501 Womens 14/U 100 Butterfly	551 Mens 14/U 100 Butterfly
502 Mens 14/U 50 Breaststroke	552 Womens 14/U 50 Breaststroke
503 Womens 14/U 200 Breaststroke	553 Mens 14/U 200 Breaststroke
504 Mens 11/Over 800 Freestyle (HDW)	554 Womens 11/Over 1500 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
505 Womens 11/12 100 Butterfly	555 Mens 11/12 100 Butterfly
506 Womens 13 100 Butterfly	556 Mens 13 100 Butterfly
507 Womens 14 100 Butterfly	557 Mens 14 100 Butterfly
508 Mens 11/12 50 Breaststroke	558 Womens 11/12 50 Breaststroke
509 Mens 13 50 Breaststroke	559 Womens 13 50 Breaststroke
510 Mens 14 50 Breaststroke	560 Womens 14 50 Breaststroke
511 Womens 11/12 200 Breaststroke	561 Mens 11/12 200 Breaststroke
512 Womens 13 200 Breaststroke	562 Mens 13 200 Breaststroke
513 Womens 14 200 Breaststroke	563 Mens 14 200 Breaststroke

Session 11 – Sunday 14 th May 2023	Session 12 – Sunday 14 th May 2023
Time - TBC	Time - TBC
601 Mens 14/U 100 Backstroke	651 Womens 14/U 200 Backstroke
602 Womens 14/U 50 Butterfly	652 Mens 14/U 100 Breaststroke
603 Mens 14/U 200 Butterfly	653 Womens 14/U 50 Freestyle
604 Womens 14/U 400 IM (HDW)	654 Mens 14/U 400 IM (HDW)
<u>Finals</u>	<u>Finals</u>
605 Mens 11/12 100 Backstroke	655 Womens 11/12 200 Backstroke
606 Mens 13 100 Backstroke	656 Womens 13 200 Backstroke
607 Mens 14 100 Backstroke	657 Womens 14 200 Backstroke
608 Womens 11/12 50 Butterfly	658 Mens 11/12 100 Breaststroke
609 Womens 13 50 Butterfly	659 Mens 13 100 Breaststroke
610 Womens 14 50 Butterfly	660 Mens 14 100 Breaststroke
611 Mens 11/12 200 Butterfly	661 Womens 11/12 50 Freestyle
612 Mens 13 200 Butterfly	662 Womens 13 50 Freestyle
613 Mens 14 200 Butterfly	663 Womens 14 50 Freestyle