

## ASA South East Region - Swimming Championships 2016 – 15 Years and Over

### Mountbatten Centre - Portsmouth

<b>Saturday April 30th</b>	<b>Sunday May 1st</b>	<b>Monday May 2nd</b>
<b>Session One</b> <b>Warm-Up: 08:30 First Event: 09:30</b>	<b>Session Four</b> <b>Warm-Up: 08:00 First Event: 09:00</b>	<b>Session Seven</b> <b>Warm-Up: 08:00 First Event: 09:00</b>
101: Girls 14-16 4x200m Freestyle Team HDW 102: Ladies 17+ 4x200m Freestyle Team HDW 103: Boys/Men 200m Freestyle 104: Girls/Ladies 200m Backstroke 105: Boys/Men 100m Backstroke 106: Girls/Ladies 100m Freestyle 107: Boys/Men 50m Breaststroke 108: Girls/Ladies 50m Butterfly	201: Girls 14-16 4x100m Medley Team HDW 202: Girls 17+ 4x100m Medley Team HDW 203: Boys/Men 1500m Freestyle HDW 204: Girls/Ladies 4x100m Ind Medley HDW	301: Boys 14-16 4x100m Medley Team HDW 302: Mens 17+ 4x100m Medley Team HDW 303: Girls/Ladies 800m Freestyle HDW 304: Boys/Men 4x100m Ind Medley HDW
<b>Session Two</b> <b>Warm-Up: 12:00 First Event: 13:00 tbc</b>	<b>Session Five</b> <b>Warm-Up: 12:00 First Event: 13:00 tbc</b>	<b>Session Eight</b> <b>Warm-Up: 11:30 First Event: 12:30 tbc</b>
111: Boys 14-16 4x200m Freestyle Team HDW 112: Men 17+ 4x200m Freestyle Team HDW 113: Boys/Men 200m Breaststroke 114: Girls/Ladies 200m Butterfly 115: Boys/Men 100m Butterfly 116: Girls/Ladies 100m Breaststroke 117: Boys/Men 50m Freestyle 118: Girls/Ladies 50m Backstroke	211: Men 14-16 4x100m Freestyle Team HDW 212: Mens 17+ 4x100m Freestyle Team HDW 213: Girls/Ladies 200m Breaststroke 214: Boys/Men 200m Backstroke 215: Girls/Ladies 50m Freestyle 216: Boys/Men 50m Butterfly 217: Girls/Ladies 400m Freestyle HDW 218: Boys/Men 100m Freestyle 219: Girls/Ladies 100m Backstroke 220: Boys/Men 4x50m Ind Medley	311: Girls 14-16 4x100m Freestyle Team HDW 312: Ladies 17+ 4x100m Freestyle Team HDW 313: Boys/Men 200m Butterfly 314: Girls/Ladies 200m Freestyle 315: Boys/Men 50m Backstroke 316: Girls/Ladies 50m Breaststroke 317: Boys/Men 400m Freestyle HDW 318: Girls/Ladies 100m Butterfly 319: Boys/Men 100m Breaststroke 320: Girls/Ladies 4x50m Ind Medley
<b>Session Three</b> <b>Warm-Up: 16:00 First Event: 16:45 tbc</b>	<b>Session Six</b> <b>Warm-Up: 16:00 First Event: 16:45 tbc</b>	<b>Session Nine</b> <b>Warm-Up: 15:15 First Event: 16:00 tbc</b>
121-157: Finals	231-252: Finals	331-352: Finals
<b>Est Finish: 19:15-19:45</b>	<b>Est Finish: 18:15-18:45</b>	<b>Est Finish: 17:30-18:00</b>