

SENW Summer Regionals – Programme

Age as at 31st December 2022

Session 1 – Saturday 26 th March 2022	Session 2 – Saturday 26 th March 2022
Time - TBC	Time - TBC
101 Mens 14/16 4 x 200 Free Team	151 Mens 14/16 4 x 100 Free Team
102 Mens 17/Over 4 x 200 Free Team	152 Mens 17/Over 4 x 100 Free Team
103 Womens 14/16 4 x 100 Medley Team	153 Womens 15/Over 200 I.M.
104 Womens 17/Over 4 x 100 Medley Team	154 Mens 15/Over 50 Freestyle
105 Mens 15/Over 200 Breaststroke	155 Womens 15/Over 50 Backstroke
106 Womens 15/Over 100 Butterfly	156 Mens 15/Over 100 Backstroke
107 Mens 15/Over 100 Freestyle	157 Womens 15/Over 200 Freestyle
108 Womens 15/Over 50 Breaststroke	158 Mens 15/Over 200 Butterfly
109 Mens 15/Over 50 Butterfly	159 Womens 15/Over 100 Breaststroke
110 Womens 15/Over 200 Backstroke	160 Mens 15/Over 400 Freestyle HDW
111 Mens 15/Over 400 I.M. (HDW)	
112 Womens 15/Over 800 Freestyle (HDW)	
<u>Finals</u>	<u>Finals</u>
113 Mens 15 200 Breaststroke	161 Womens 15 200 I.M
114 Mens 16 200 Breaststroke	162 Womens 16 200 I.M
115 Mens 17/Over 200 Breaststroke	163 Womens 17/Over 200 I.M
116 Womens 15 100 Butterfly	164 Mens 15 50 Freestyle
117 Womens 16 100 Butterfly	165 Mens 16 50 Freestyle
118 Womens 17/Over 100 Butterfly	166 Mens 17/Over 50 Freestyle
119 Mens 15 100 Freestyle	167 Womens 15 50 Backstroke
120 Mens 16 100 Freestyle	168 Womens 16 50 Backstroke
121 Mens 17/Over 100 Freestyle	169 Womens 17/Over 50 Backstroke
122 Womens 15 50 Breaststroke	170 Mens 15 100 Backstroke
123 Womens 16 50 Breaststroke	171 Mens 16 100 Backstroke
124 Womens 17/Over 50 Breaststroke	172 Mens 17/Over 100 Backstroke
125 Mens 15 50 Butterfly	173 Womens 15 200 Freestyle
126 Mens 16 50 Butterfly	174 Womens 16 200 Freestyle
127 Mens 17/Over 50 Butterfly	175 Womens 17/Over 200 Freestyle
128 Womens 15 200 Backstroke	176 Mens 15 200 Butterfly
129 Womens 16 200 Backstroke	177 Mens 16 200 Butterfly
130 Womens 17/Over 200 Backstroke	178 Mens 17/Over 200 Butterfly
	179 Womens 15 100 Breaststroke
	180 Womens 16 100 Breaststroke
	181 Womens 17/Over 100 Breaststroke

Session 3 – Sunday 27 th March 2022	Session 4 – Sunday 27 th March 2022
Time - TBC	Time - TBC
201 Womens 14/16 4 x 200 Free Team	251 Womens 14/16 4 x 100 Free Team
202 Womens 17/Over 4 x 200 Free Team	252 Womens 17/Over 4 x 100 Free Team
203 Mens 14/16 4 x 100 Medley Team	253 Mens 15/Over 200 I.M.
204 Mens 17/Over 4 x 100 Medley Team	254 Womens 15/Over 50 Freestyle
205 Womens 15/Over 200 Breaststroke	255 Mens 15/Over 50 Backstroke
206 Mens 15/Over 100 Butterfly	256 Womens 15/Over 100 Backstroke
207 Womens 15/Over 100 Freestyle	257 Mens 15/Over 200 Freestyle
208 Mens 15/Over 50 Breaststroke	258 Womens 15/Over 200 Butterfly
209 Womens 15/Over 50 Butterfly	259 Mens 15/Over 100 Breaststroke
210 Mens 15/Over 200 Backstroke	260 Womens 15/Over 400 Freestyle HDW
211 Womens 15/Over 400 I.M. (HDW)	
212 Mens 15/Over 1500 Freestyle (HDW)	
Finals	Finals
213 Womens 15 200 Breaststroke	261 Mens 15 200 I.M
214 Womens 16 200 Breaststroke	262 Mens 16 200 I.M
215 Womens 17/Over 200 Breaststroke	263 Mens 17/Over 200 I.M
216 Mens 15 100 Butterfly	264 Womens 15 50 Freestyle
217 Mens 16 100 Butterfly	265 Womens 16 50 Freestyle
218 Mens 17/Over 100 Butterfly	266 Womens 17/Over 50 Freestyle
219 Womens 15 100 Freestyle	267 Mens 15 50 Backstroke
220 Womens 16 100 Freestyle	268 Mens 16 50 Backstroke
221 Womens 17/Over 100 Freestyle	269 Mens 17/Over 50 Backstroke
222 Mens 15 50 Breaststroke	270 Womens 15 100 Backstroke
223 Mens 16 50 Breaststroke	271 Womens 16 100 Backstroke
224 Mens 17/Over 50 Breaststroke	272 Womens 17/Over 100 Backstroke
225 Womens 15 50 Butterfly	273 Mens 15 200 Freestyle
226 Womens 16 50 Butterfly	274 Mens 16 200 Freestyle
227 Womens 17/Over 50 Butterfly	275 Mens 17/Over 200 Freestyle
228 Mens 15 200 Backstroke	276 Womens 15 200 Butterfly
229 Mens 16 200 Backstroke	277 Womens 16 200 Butterfly
230 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 23 rd April 2022	Session 6 – Saturday 23 rd April 2022
Time - TBC	Time - TBC
301 Womens 14/U 200 Butterfly	351 Mens 14/U 50 Freestyle
302 Mens 14/U 50 Butterfly	352 Womens 14/U 100 Freestyle
303 Womens 14/U 50 Backstroke	353 Mens 14/U 200 IM
304 Mens 14/U 200 Freestyle	355 Womens 14/U 100 Breaststroke
305 Womens 14/U 800 Freestyle (HDW)	255 Mens 14/U 400 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
306 Mens 11/12 200 Freestyle	356 Womens 11/12 100 Freestyle
307 Mens 13 200 Freestyle	357 Womens 13 100 Freestyle
308 Mens 14 200 Freestyle	358 Womens 14 100 Freestyle
309 Womens 11/12 200 Butterfly	359 Mens 11/12 50 Freestyle
310 Womens 13 200 Butterfly	360 Mens 13 50 Freestyle
311 Women 14 200 Butterfly	361 Mens 14 50 Freestyle
312 Mens 11/12 50 Butterfly	362 Womens 11/12 100 Breaststroke
313 Mens 13 50 Butterfly	363 Womens 13 100 Breaststroke
314 Mens 14 50 Butterfly	364 Womens 14 100 Breaststroke
315 Womens 11/12 50 Backstroke	365 Mens 11/12 200 IM
316 Womens 13 50 Backstroke	366 Mens 13 200 IM
317 Womens 14 50 Backstroke	367 Mens 14 200 IM

Session 7 – Sunday 24 th April 2022	Session 8 – Sunday 24 th April 2022
Time - TBC	Time - TBC
401 Womens 14/U 200 Freestyle	451 Mens 14/U 100 Freestyle
402 Mens 14/U 50 Backstroke	452 Womens 14/U 200 IM
403 Womens 14/U 100 Backstroke	453 Mens 14/U 200 Backstroke
404 Mens 14/U 1500 Freestyle (HDW)	454 Womens 14/U 400 Freestyle (HDW)
<u>Finals</u>	<u>Finals</u>
405 Womens 11/12 200 Freestyle	455 Mens 11/12 100 Freestyle
406 Womens 13 200 Freestyle	456 Mens 13 100 Freestyle
407 Womens 14 200 Freestyle	457 Mens 14 100 Freestyle
408 Mens 11/12 50 Backstroke	458 Womens 11/12 200 IM
409 Mens 13 50 Backstroke	459 Womens 13 200 IM
410 Mens 14 50 Backstroke	460 Womens 14 200 IM
411 Womens 11/12 100 Backstroke	461 Mens 11/12 200 Backstroke
412 Womens 13 100 Backstroke	462 Mens 13 200 Backstroke
413 Womens 14 100 Backstroke	463 Mens 14 200 Backstroke

Session 9 – Saturday 30 th April 2022	Session 10 – Saturday 30 th April 2022
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 1 st May 2022	Session 12 – Sunday 1 st May 2022
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