

Swim England South West Region Winter Championships
1st-3rd November 2019 Millfield Short Course
Finals A & B. Junior results declared from either final or then heats.

Friday 1st November 5.45 Warm up 6.30 Start

Session 1

Girls 800m Freestyle 4 heats

Boys 1500m Freestyle 4 heats

For both 25% of accepted entries must be Juniors.

Saturday 2nd November 8.45 warm up 9.45 Start

Session 2 heats [maximum 2.5 hours]

Boys 400m Freestyle [inc. Para.]

Girls 200m Freestyle [inc. Para.]

Boys 100m Breaststroke [inc. Para.]

Girls 100m Backstroke [inc. Para.]

Boys 200m Butterfly

Girls 50m Breaststroke [inc. Para.]

Boys 50m Backstroke [inc. Para.]

Girls 100m Ind. Medley

45 minute break

Session 3 heats [maximum 2.5 hours]

Boys 400m Ind. Medley

Girls 100m Butterfly [inc. Para.]

Boys 100m Freestyle [inc. Para.]

Girls 200m Backstroke

Boys 200m Breaststroke

Girls 50m Freestyle [inc. Para.]

Boys 50m Butterfly [inc. Para.]

Girls 200m Ind. Medley [inc. Para.]

90 minute break

Session 4 Finals B & A [maximum 2 hours]

Boys 400m Freestyle [**Fastest heat**]

Girls 200m Freestyle

Boys 100m Breaststroke

Girls 100m Backstroke

Boys 200m Butterfly

Girls 50m Breaststroke

Boys 50m Backstroke

Girls 100m Ind. Medley

Presentation of Senior and Junior awards for above events with a 15 minutes minimum break

Boys 400m Ind. Medley [**Fastest heat**]

Girls 100m Butterfly

Boys 100m Freestyle

Girls 200m Backstroke

Boys 200m Breaststroke

Girls 50m Freestyle

Boys 50m Butterfly

Girls 200m Ind. Medley

Presentation of Senior and Junior awards for these events

Cyclic seeding will be used the last 3 heats of all events with finals

Timings will be finalised once entries have been received.

Withdrawals from finals must be made within 15 minutes of the last event with heats.

Junior Champions will be declared in all events, all competitors must be under the age of 16 on 31/12/19, based on the results in finals.

Sunday 3rd November 8.45 warm up 9.45 Start

Session 5 heats [maximum 2.5 hours]

Girls 400m Freestyle [inc. Para.]

Boys 200m Freestyle [inc. Para.]

Girls 100m Breaststroke [inc. Para.]

Boys 100m Backstroke [inc. Para.]

Girls 200m Butterfly

Boys 50m Breaststroke [inc. Para.]

Girls 50m Backstroke [inc. Para.]

Boys 100m Ind. Medley

45 minute break

Session 6 heats [maximum 2.5 hours]

Girls 400m Ind. Medley

Boys 100m Butterfly [inc. Para.]

Girls 100m Freestyle [inc. Para.]

Boys 200m Backstroke

Girls 200m Breaststroke

Boys 50m Freestyle [inc. Para.]

Girls 50m Butterfly [inc. Para.]

Boys 200m Ind. Medley [inc. Para.]

90 minute break

Session 7 Finals B & A [maximum 2 hours]

Girls 400m Freestyle [**Fastest heat**]

Boys 200m Freestyle

Girls 100m Breaststroke

Boys 100m Backstroke

Girls 200m Butterfly

Boys 50m Breaststroke

Girls 50m Backstroke

Boys 100m Ind. Medley

Presentation of Senior and Junior awards for above events with a 15 minutes minimum break

Girls 400m Ind. Medley [**Fastest heat**]

Boys 100m Butterfly

Girls 100m Freestyle

Boys 200m Backstroke

Girls 200m Breaststroke

Boys 50m Freestyle

Girls 50m Butterfly

Boys 200m Ind. Medley

Presentation of Senior and Junior awards for these events

Entry fee £8.50 per event to include spectator admission. Please do not make payment until acceptances are known.

Over the top starts will be used at this event.

Entry files are available from Chris Vickery at swenties@swimming.org and must be returned by the closing date Monday 14th October 2019.