



**East Swimming**  
**2018 Long Course Championships**  
(Under ASA Laws & ASA Technical Rules)  
**Weekend One**  
**UEA Sportspark, Norwich**  
**Saturday 5<sup>th</sup> May – Monday 7<sup>th</sup> May 2018**  
(Licensed Meet No. 1ER180213)



**Schedule of Events**

15/Over Age Group Individual Events & All Relays  
Also Incorporating Para-Swimming Events

**Session One**

**Saturday 5<sup>th</sup> May**

Heats Session  
Start TBA

- 111 Women's 200m Butterfly
- 112 Men's 50m Backstroke
- 113 Women's 50m Freestyle
- 114 Men's 100m Breaststroke
- 115 Women's 200m Breaststroke
- 116 Men's 100m Butterfly
- 117 Women's 400m Freestyle (HDW)

**Session Four**

**Sunday 6<sup>th</sup> May**

Heats Session  
Start TBA

- 211 Men's 200m Butterfly
- 212 Women's 50m Backstroke
- 213 Men's 50m Freestyle
- 214 Women's 100m Breaststroke
- 215 Men's 200m Breaststroke
- 216 Women's 100m Butterfly
- 217 Men's 400m Freestyle (HDW)

**Session Seven**

**Monday 7<sup>th</sup> May**

Distance Session  
Start TBA

- 311 Womens 800 Free (HDW)
- 312 Men s 1500 Free (HDW)

**Session Two**

**Saturday 5<sup>th</sup> May**

Heats Session  
Start TBA

- 121 Women's 200m Backstroke
- 122 Men's 100m Freestyle
- 123 Women's 50m Breaststroke
- 124 Men's 400m I.M. (HDW)
- 125-126 Women's 4x200m Team (HDW) \*\*

**Session Five**

**Sunday 6<sup>th</sup> May**

Heats Session  
Start TBA

- 221 Men's 200m Backstroke
- 222 Women's 100m Freestyle
- 223 Men's 50m Breaststroke
- 224 Women's 400m I.M. (HDW)
- 225-226 Men's 4x200m Team (HDW) \*\*

**Session Eight**

**Monday 7<sup>th</sup> May**

Heats Session  
Start TBA

- 321 Women's 200m I.M.
- 322 Men's 200m I.M.
- 323 Women's 100m Backstroke
- 324 Men's 100m Backstroke
- 325 Women's 200m Freestyle
- 326 Men's 200m Freestyle
- 327 Women's 50m Butterfly
- 328 Men's 50m Butterfly

**Session Three**

**Saturday 5<sup>th</sup> May**

Finals Session  
Start TBA

- 131-133 Women's 200m Butterfly
- 134-136 Men's 50m Backstroke
- 137-139 Women's 50m Freestyle
- 140-142 Men's 100m Breaststroke
- 143-145 Women's 200m Breaststroke
- 146-148 Men's 100m Butterfly
- 149-151 Women's 200m Backstroke
- 152-154 Men's 100m Freestyle
- 155-157 Women's 50m Breaststroke
- 158-159 Men's 4x100m Medley (HDW) \*\*
- 160-161 Women's 4x100m Free (HDW) \*\*

**Session Six**

**Sunday 6<sup>th</sup> May**

Finals Session  
Start TBA

- 231-233 Men's 200m Butterfly
- 234-236 Women's 50m Backstroke
- 237-239 Men's 50m Freestyle
- 240-242 Women's 100m Breaststroke
- 243-245 Men's 200m Breaststroke
- 246-248 Women's 100m Butterfly
- 249-251 Men's 200m Backstroke
- 252-254 Women's 100m Freestyle
- 255-257 Men's 50m Breaststroke
- 258-259 Women's 4x100m Medley (HDW) \*\*
- 260-261 Men's 4x100m Free (HDW) \*\*

**Session Nine**

**Monday 7<sup>th</sup> May**

Finals Session  
Start TBA

- 331-333 Women's 200m I.M.
- 334-336 Men's 200m I.M.
- 337-339 Women's 100m Backstroke
- 340-342 Men's 100m Backstroke
- 343-345 Women's 200m Freestyle
- 346-348 Men's 200m Freestyle
- 349-351 Women's 50m Butterfly
- 352-354 Men's 50m Butterfly

(HDW) – Heat Declared Winners

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



# East Swimming 2018 Long Course Championships

(Under ASA Laws & ASA Technical Rules)

## Weekend Two

**Inspire: Luton Sports Village**  
**Saturday 26<sup>th</sup> – Monday 28<sup>th</sup> May 2018**  
(Licensed Meet No. 1ER180214)



### Schedule of Events

#### 14/Under Age Group Individual Events

#### Session Ten

Saturday 26<sup>th</sup> May

Heats Session

Start TBA

- 411 Women's 200m Butterfly
- 412 Men's 200m Breaststroke
- 413 Women's 100m Breaststroke
- 414 Men's 50m Butterfly
- 415 Women's 400m Freestyle (HDW)

#### Session Thirteen

Sunday 27<sup>th</sup> May

Heats Session

Start TBA

- 511 Men's 200m Butterfly
- 512 Women's 200m Breaststroke
- 513 Men's 100m Breaststroke
- 514 Women's 50m Butterfly
- 515 Men's 400m Freestyle (HDW)

#### Session Sixteen

Monday 28<sup>th</sup> May

Distance Session

Start TBA

- 611 Women's 800 Free (HDW)
- 612 Men's 1500 Free (HDW)
- 613 Women's 50m Breaststroke\*
- 614 Men's 50m Breaststroke

#### Session Eleven

Saturday 26<sup>th</sup> May

Heats Session

Start TBA

- 421 Women's 200m I.M
- 422 Men's 100m Backstroke
- 423 Women's 100m Freestyle
- 424 Men's 50m Freestyle
- 425 Women's 200m Backstroke
- 426 Men's 400m I.M (HDW)

#### Session Fourteen

Sunday 27<sup>th</sup> May

Heats Session

Start TBA

- 521 Men's 200m I.M
- 522 Women's 100m Backstroke
- 523 Men's 100m Freestyle
- 524 Women's 50m Freestyle
- 525 Men's 200m Backstroke
- 526 Women's 400m I.M (HDW)

#### Session Seventeen

Monday 28<sup>th</sup> May

Heats Session

Start TBA

- 621 Women's 100m Butterfly
- 622 Men's 100m Butterfly
- 623 Women's 50m Backstroke
- 624 Men's 50m Backstroke
- 625 Women's 200m Freestyle
- 626 Men's 200m Freestyle

#### Session Twelve

Saturday 26<sup>th</sup> May

Finals Session

Start TBA

- 431-433 Women's 200m Butterfly
- 434-436 Men's 200m Breaststroke
- 437-439 Women's 100m Breaststroke
- 440-442 Men's 50m Butterfly
- 443-445 Women's 200m IM
- 446-448 Men's 100m Backstroke
- 449-451 Women's 100m Freestyle
- 452-454 Men's 50m Freestyle
- 455-457 Women's 200m Backstroke

#### Session Fifteen

Sunday 27<sup>th</sup> May

Finals Session

Start TBA

- 531-533 Men's 200m Butterfly
- 535-536 Women's 200m Breaststroke
- 537-539 Men's 100m Breaststroke
- 540-542 Women's 50m Butterfly
- 543-545 Men's 200m I.M
- 546-548 Women's 100m Backstroke
- 549-551 Men's 100m Freestyle
- 552-554 Women's 50m Freestyle
- 555-557 Men's 200m Backstroke

#### Session Eighteen

Monday 28<sup>th</sup> May

Finals Session

Start TBA

- 631-633 Women's 100m Butterfly
- 636-636 Men's 100m Butterfly
- 637-639 Women's 50m Breaststroke
- 640-642 Men's 50m Breaststroke
- 643-645 Women's 200m Freestyle
- 646-648 Men's 200m Freestyle
- 649-651 Women's 50m Backstroke
- 652-654 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 may also warm-down during this period.