

# SENW/SENE Regional Para Swimming Championships Programme of Events

Age as at 31<sup>st</sup> December 2023

Session 1 – Saturday 23 <sup>rd</sup> September 2023	Session 2 – Saturday 23 <sup>rd</sup> September 2023
<b>Warm Up 15.30 Start Time – 16:00</b>	<b>Time - TBC</b>
101 100m Freestyle	151 200m Freestyle
102 50m Backstroke	152 100m Butterfly
103 150m Individual Medley	153 100m Breaststroke
104 400m Freestyle	154 50m Butterfly
105 50m Breaststroke	155 200m Individual Medley
106 100m Backstroke	156 50m Freestyle