

SENW Winter Regionals – Programme

Age as at 31st December 2023

Session 1 – Saturday 4 th November 2023 Time - TBC	Session 2 – Saturday 4 th November 2023 Time - TBC
101 Women's 400 IM (HDW)	201 Women's Open 400 Freestyle (HDW)
102 Open/Male 200 Breaststroke	202 Open/Male 50 Freestyle
103 Women's 100 Butterfly	203 Women's 50 Backstroke
104 Open/Male 100 Freestyle	204 Open/Male 100 Backstroke
105 Women's 50 Breaststroke	205 Women's 200 Freestyle
106 Open/Male 50 Butterfly	206 Open/Male 200 Butterfly
107 Women's 200 Backstroke	207 Women's 100 Breaststroke
108 Open/Male 100 IM	208 Open/Male 200 IM
109 Mixed 800 Freestyle (HDW)	
<u>Finals</u>	<u>Finals</u>
111 Junior Open/Male 200 Breaststroke	211 Junior Open/Male 50 Freestyle
112 Senior Open/Male 200 Breaststroke	212 Senior Open/Male 50 Freestyle
113 Junior Women's 100 Butterfly	213 Junior Women's 50 Backstroke
114 Senior Women's 100 Butterfly	214 Senior Women's 50 Backstroke
115 Junior Open/Male 100 Freestyle	215 Junior Open/Male 100 Backstroke
116 Senior Open/Male 100 Freestyle	216 Senior Open/Male 100 Backstroke
117 Junior Women's 50 Breaststroke	217 Junior Women's 200 Freestyle
118 Senior Women's 50 Breaststroke	218 Senior Women's 200 Freestyle
119 Junior Open/Male 50 Butterfly	219 Junior Open/Male 200 Butterfly
120 Senior Open/Male 50 Butterfly	220 Senior Open/Male 200 Butterfly
121 Junior Women's 200 Backstroke	221 Junior Women's 100 Breaststroke
122 Senior Women's 200 Backstroke	222 Senior Women's 100 Breaststroke
123 Junior Open/Male 100 IM	223 Junior Open/Male 200 IM
124 Senior Open/Male 100 IM	224 Senior Open/Male 200 IM

Session 3 – Sunday 5 th November 2023 Time - TBC	Session 4 – Sunday 5 th November 2023 Time - TBC
301 Open/Male 400 IM (HDW)	401 Open/Male 400 Freestyle (HDW)
302 Women's 200 Breaststroke	402 Women's 50 Freestyle
303 Open/Male 100 Butterfly	403 Open/Male 50 Backstroke
304 Women's 100 Freestyle	404 Women's 100 Backstroke
305 Open/Male 50 Breaststroke	405 Open/Male 200 Freestyle
306 Women's 50 Butterfly	406 Women's 200 Butterfly
307 Open/Male 200 Backstroke	407 Open/Male 100 Breaststroke
308 Women's 100 IM	408 Women's Open 200 IM
309 Mixed 1500 Freestyle (HDW)	
<u>Finals</u>	<u>Finals</u>
311 Junior Women's 200 Breaststroke	411 Junior Women's 50 Freestyle
312 Senior Women's 200 Breaststroke	412 Senior Women's 50 Freestyle
313 Junior Open/Male 100 Butterfly	413 Junior Open/Male 50 Backstroke
314 Senior Open/Male 100 Butterfly	414 Senior Open/Male 50 Backstroke
315 Junior Women's 100 Freestyle	415 Junior Women's 100 Backstroke
316 Senior Women's 100 Freestyle	416 Senior Women's 100 Backstroke
317 Junior Open/Male 50 Breaststroke	417 Junior Open/Male 200 Freestyle
318 Senior Open/Male 50 Breaststroke	418 Senior Open/Male 200 Freestyle
319 Junior Women's 50 Butterfly	419 Junior Women's 200 Butterfly
320 Senior Women's 50 Butterfly	420 Senior Women's 200 Butterfly
321 Junior Open/Male 200 Backstroke	421 Junior Open/Male 100 Breaststroke
322 Senior Open/Male 200 Backstroke	422 Senior Open/Male 100 Breaststroke
323 Junior Women's 100 IM	424 Junior Women's 200 IM
324 Senior Women's 100 IM	424 Senior Women's 200 IM