

Schedule of Events

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

Session One

Saturday 2nd May

Heats Session

Start TBA

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

Session Four

Sunday 3rd May

Heats Session

Start TBA

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

Session Seven

Monday 4th May

Heats Session

Start TBA

- 311 Men's 200m I.M.
- 312 Women's 200m I.M.
- 313 Men's 100m Backstroke
- 314 Women's 100m Backstroke
- 315 Men's 200m Freestyle
- 316 Women's 200m Freestyle
- 317 Men's 50m Butterfly
- 318 Women's 50m Butterfly

Session Two

Saturday 2nd May

Heats Session

Start TBA

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

Session Five

Sunday 3rd May

Heats Session

Start TBA

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

Session Eight

Monday 4th May

Finals Session

Start TBA

- 321-323 Men's 200m I.M.
- 324-326 Women's 200m I.M.
- 327-329 Men's 100m Backstroke
- 330-332 Women's 100m Backstroke
- 333-335 Men's 200m Freestyle
- 336-338 Women's 200m Freestyle
- 339-341 Men's 50m Butterfly
- 342-344 Women's 50m Butterfly

Session Three

Saturday 2nd May

Finals Session

Start TBA

- 131-133 Women's 50m Freestyle
- 134-136 Men's 50m Backstroke
- 137-139 Women's 200m Butterfly
- 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 (TF)
- 160-161 Women's 4x100m Free (TF)

Session Six

Sunday 3rd May

Finals Session

Start TBA

- 231-233 Men's 50m Freestyle
- 234-236 Women's 50m Backstroke
- 237-239 Men's 200m Butterfly
- 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 (TF)
- 260-261 Men's 4x100m Free (TF)

(TF) – Timed Finals



ASA East Region
2015 Long Course Championships
(Under ASA Laws & ASA Technical Rules)



Weekend Two
Sportspark Pool : UEA - Norwich
Saturday 23rd to Monday 25th May 2015
(Licensed Meet No.ER****)

Schedule of Events

14/Under Age Groups Individual Events & All Age Groups Long Distance

Session Nine

Saturday 23rd May

Heats Session
Start TBA

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

Session Ten

Saturday 23rd May

Heats Session
Start TBA

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

Session Eleven

Saturday 23rd May

Finals Session
Start TBA

- 431-433 Women's 50m Butterfly
- 434-436 Men's 200m Butterfly
- 437-439 Women's 200m Breaststroke
- 440-442 Men's 100m Breaststroke
- 443-445 Women's 200m I.M.
- 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 Twelve

Sunday 24th May

Heats Session
Start TBA

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

Session Thirteen

Sunday 24th May

Heats Session
Start TBA

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

Session Fourteen

Sunday 24th May

Finals Session
Start TBA

- 531-533 Men's 50m Butterfly
- 535-536 Women's 200m Butterfly
- 537-539 Men's 200m Breaststroke
- 540-542 Women's 100m Breaststroke
- 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 Fifteen

Monday 25th May

Distance Session
Start TBA

- 611 Women's 800m (TF)
- 612 Men's 1500m (TF)

Session Sixteen

Monday 25th May

Heats Session
Start TBA

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

Session Seventeen

Sunday 24th May

Finals Session
Start TBA

- 631-633 Women's 50m Backstroke
- 636-636 Men's 50m Backstroke
- 637-639 Women's 100m Butterfly
- 640-642 Men's 100m Butterfly
- 643-645 Women's 200m Freestyle
- 646-648 Men's 50m 200m Freestyle
- 649-651 Women's 50m Breaststroke
- 652-654 Men's 50m Breaststroke

(TF) – Timed Finals