

## SENW Winter Regionals – Programme

Age as at 31<sup>st</sup> December 2022

Session 1 – Saturday 5 <sup>th</sup> November 2022 Time - TBC	Session 2 – Saturday 5 <sup>th</sup> November 2022 Time - TBC
101 Women's Open 100 IM	201 Women's Open 200 IM
102 Men's Open 200 Breaststroke	202 Men's Open 50 Freestyle
103 Women's Open 100 Butterfly	203 Women's Open 50 Backstroke
104 Men's Open 100 Freestyle	204 Men's Open 100 Backstroke
105 Women's Open 50 Breaststroke	205 Women's Open 200 Freestyle
106 Men's Open 50 Butterfly	206 Men's Open 200 Butterfly
107 Women's Open 200 Backstroke	207 Women's Open 100 Breaststroke
108 Men's Open 400 IM	208 Men's Open 400 Freestyle
109 Women's Open 800 Freestyle	
<b><u>Finals</u></b>	<b><u>Finals</u></b>
111 Junior Women's 100 IM	211 Junior Women's 200 IM
112 Senior Women's 100 IM	212 Senior Women's 200 IM
113 Junior Men's 200 Breaststroke	213 Junior Men's 50 Freestyle
114 Senior Men's 200 Breaststroke	214 Senior Men's 50 Freestyle
115 Junior Women's 100 Butterfly	215 Junior Women's 50 Backstroke
116 Senior Women's 100 Butterfly	216 Senior Women's 50 Backstroke
117 Junior Men's 50 Butterfly	217 Junior Men's 100 Backstroke
118 Senior Men's 50 Butterfly	218 Senior Men's 100 Backstroke
119 Junior Women's 50 Breaststroke	219 Junior Women's 200 Freestyle
120 Senior Women's 50 Breaststroke	220 Senior Women's 200 Freestyle
121 Junior Men's 100 Freestyle	221 Junior Men's 200 Butterfly
122 Senior Men's 100 Freestyle	222 Senior Men's 200 Butterfly
123 Junior Women's 200 Backstroke	223 Junior Women's 100 Breaststroke
124 Senior Women's 200 Backstroke	224 Senior Women's 100 Breaststroke

Session 3 – Sunday 6 <sup>th</sup> November 2022 Time - TBC	Session 4 – Sunday 6 <sup>th</sup> November 2022 Time - TBC
301 Men's Open 100 IM	401 Men's Open 200 IM
302 Women's Open 200 Breaststroke	402 Women's Open 50 Freestyle
303 Men's Open 100 Butterfly	403 Men's Open 50 Backstroke
304 Women's Open 100 Freestyle	404 Women's Open 100 Backstroke
305 Men's Open 50 Breaststroke	405 Men's Open 200 Freestyle
306 Women's Open 50 Butterfly	406 Women's Open 200 Butterfly
307 Men's Open 200 Backstroke	407 Men's Open 100 Breaststroke
308 Women's Open 400 IM	408 Women's Open 400 Freestyle
309 Men's Open 1500 Freestyle	
<b><u>Finals</u></b>	<b><u>Finals</u></b>
311 Junior Men's 100 IM	411 Junior Men's 200 IM
312 Senior Men's 100 IM	412 Senior Men's 200 IM
313 Junior Women's 200 Breaststroke	413 Junior Women's 50 Freestyle
314 Senior Women's 200 Breaststroke	414 Senior Women's 50 Freestyle
315 Junior Men's 100 Butterfly	415 Junior Men's 50 Backstroke
316 Senior Men's 100 Butterfly	416 Senior Men's 50 Backstroke
317 Junior Women's 50 Butterfly	417 Junior Women's 100 Backstroke
318 Senior Women's 50 Butterfly	418 Senior Women's 100 Backstroke
319 Junior Men's 50 Breaststroke	419 Junior Men's 200 Freestyle
320 Senior Men's 50 Breaststroke	420 Senior Men's 200 Freestyle
321 Junior Women's 100 Freestyle	421 Junior Women's 200 Butterfly
322 Senior Women's 100 Freestyle	422 Senior Women's 200 Butterfly
323 Junior Men's 200 Backstroke	423 Junior Men's 100 Breaststroke
324 Senior Men's 200 Backstroke	424 Senior Men's 100 Breaststroke