

# SE LONDON WINTER CHAMPIONSHIPS 2022

## SCHEDULE OF EVENTS

### Day One 5 November 2022

#### Session 1 8am Warm-up 8.30am start

HDW	101	Women 800 Free
		<b>Warm-up for heats</b>
Heats	102	Women 100 IM
Heats	103	Men 200 Breast
Heats	104	Women 100 Fly
Heats	105	Men 100 Free
Heats	106	Women 50 Breast
Heats	107	Men 50 Fly
Heats	108	Women 200 Back
HDW	109	Men 400 IM
		<b>Warm-up for finals</b>
Finals	102	Women 100 IM
Finals	103	Men 200 Breast
Finals	104	Women 100 Fly
Finals	105	Men 100 Free
Finals	106	Women 50 Breast
Finals	107	Men 50 Fly
Finals	108	Women 200 Back

#### Session: 2 TBA Warm Up

Heats	201	Women 200 IM
Heats	202	Men 50 Free
Heats	203	Women 50 Back
Heats	204	Men 100 Back
Heats	205	Women 200 Free
Heats	206	Men 200 Fly
Heats	207	Women 100 Breast
HDW	208	Men 400 Free
		<b>Warm-up for finals</b>
Finals	201	Women 200 IM
Finals	202	Men 50 Free
Finals	203	Women 50 Back
Finals	204	Men 100 Back
Finals	205	Women 200 Free
Finals	206	Men 200 Fly
Finals	207	Women 100 Breast

### Day Two 6 November 2022

#### Session 3 8am Warm-up 8.30 start

HDW	301	Men 1500 Free
		<b>Warm-up for heats</b>
Heats	302	Men 100 IM
Heats	303	Women 200 Breast
Heats	304	Men 100 Fly
Heats	305	Women 100 Free
Heats	306	Men 50 Breast
Heats	307	Women 50 Fly
Heats	308	Men 200 Back
HDW	309	Women 400 IM
		<b>Warm-up for finals</b>
Finals	302	Men 100 IM
Finals	303	Women 200 Breast
Finals	304	Men 100 Fly
Finals	305	Women 100 Free
Finals	306	Men 50 Breast
Finals	307	Women 50 Fly
Finals	308	Men 200 Back

#### Session: 4 TBA Warm Up

Heats	401	Men 200 IM
Heats	402	Women 50 Free
Heats	403	Men 50 Back
Heats	404	Women 100 Back
Heats	405	Men 200 Free
Heats	406	Women 200 Fly
Heats	407	Men 100 Breast
HDW	408	Women 400 Free
		<b>Warm-up for finals</b>
Finals	401	Men 200 IM
Finals	402	Women 50 Free
Finals	403	Men 50 Back
Finals	404	Women 100 Back
Finals	405	Men 200 Free
Finals	406	Women 200 Fly
Finals	407	Men 100 Breast