

Suffolk County Championships 2022

At Crown Pools, Ipswich

Session 1

Saturday 22nd Jan

@ UEA Sportspark

Warm Up: tba

F 800 Free

M 1500 Free

Session 2

Sunday 23rd Jan

@ UEA Sportspark

Warm Up: tba

M 800 Free

F 1500 Free

Session 3

Saturday 29th Jan

Warm Up: 2:30pm

Start: tba

Est Finish: tba

M 100 Free

F 100 IM HDW

M 50 Fly

F 50 Free

M 200 Breast HDW

F 200 Fly HDW

10 minute break

M 100 Free Finals

F 50 Free Finals

M 50 Fly Finals

Session 4

Sunday 30th Jan

Warm Up: 8:30am

Start: tba

Est Finish: tba

F 100 Fly

M 50 Breast

F 50 Back

M 400 IM HDW

F 200 IM HDW

10 minute break

F 100 Fly Finals

M 50 Breast Finals

F 50 Back Finals

Session 5

Sunday 30th Jan

Warm Up: tba

Start: tba

Est Finish: tba

F 100 Breast

M 100 Back

F 200 Back HDW

M 200 Free HDW

5 minute break

F 100 Breast Finals

M 100 Back Finals

Session 6

Saturday 5th Feb

Warm Up: 2:30pm

Start: tba

Est Finish: tba

F 100 Free

M 100 IM HDW

F 50 Fly

M 50 Free

F 200 Breast HDW

M 200 Fly HDW

10 minute break

F 100 Free Finals

M 50 Free Finals

F 50 Fly Finals

Session 7

Sunday 6th Feb

Warm Up: 8:30am

Start: tba

Est Finish: tba

M 100 Fly

F 50 Breast

M 50 Back

F 400 IM HW

M 200 IM HDW

10 minute break

M 100 Fly Finals

F 50 Breast Finals

M 50 Back Finals

Session 8

Sunday 6th Feb

Warm Up: tba

Start: tba

Est Finish: tba

M 100 Breast

F 100 Back

M 200 Back HDW

F 200 Free HDW

5 minute break

M 100 Breast Finals

F 100 Back Finals

Session 9

Sunday 13th Feb

Warm Up: tba

Start: tba

Est Finish: tba

F 400 Free HDW

M 400 Free HDW

Session 10

Sunday 13th Feb

Warm Up: tba

Start: tba

Est Finish: tba

F SKINS - Random stroke

M SKINS - Random stroke

Mixed 14/15 Medley Team

Mixed 12/13 Medley Team

Mixed 10/11 Medley Team

Mixed Open Medley Team

break

Mixed 14/15 Free Team

Mixed 12/13 Free Team

Mixed 10/11 Free Team

Mixed Open Free Team