

South West Region Winter Championships 2021

Session Timings

SESSION ONE - Friday 5th November 2021

Warm Up at 18:00 PM; Race Start at 18:30 PM

- Female 800m Freestyle HDW
- Male 1500m Freestyle HDW

SESSION TWO - Saturday 6th November 2021

Warm Up at 08:00AM; Race Start at 09:00 AM

- Male 400m Freestyle HDW
- Female 200m Freestyle
- Male 100m Breaststroke
- Female 100m Backstroke
- Male 200m Butterfly
- Female 50m Breaststroke
- Male 50m Backstroke
- Female 100m Ind. Medley

SESSION THREE – Saturday 6th November 2021

Warm Up 12:00 PM; Race Start 13:00 PM

- Male 400m Ind. Medley HDW
- Female 100m Butterfly
- Male 100m Freestyle
- Female 200m Backstroke
- Male 200m Breaststroke
- Female 50m Freestyle
- Male 50m Butterfly
- Female 200m Ind. Medley

SESSION FOUR – FINALS - Saturday 6th November 2021

Warm Up 15:30 PM; Race Start 16:30 PM

- Female 200m Freestyle A & B Finals
- Male 100m Breaststroke A & B Finals
- Female 100m Backstroke A & B Finals
- Male 200m Butterfly A & B Finals
- Female 50m Breaststroke A & B Finals
- Male 50m Backstroke A & B Finals
- Female 100m Ind. Medley A & B Finals
- Female 100m Butterfly A & B Finals

- Male 100m Freestyle A & B Finals
- Female 200m Backstroke A & B Finals
- Male 200m Breaststroke A & B Finals
- Female 50m Freestyle A & B Finals
- Male 50m Butterfly A & B Finals
- Female 200m Ind. Medley A & B Finals

SESSION FIVE – Sunday 7th November 2021

Warm Up 08:00 AM; Race Start 09:00 AM

- Female 400m Freestyle HDW
- Male 200m Freestyle
- Female 100m Breaststroke
- Male 100m Backstroke
- Female 200m Butterfly
- Male 50m Breaststroke
- Female 50m Backstroke
- Male 100m Ind. Medley

SESSION SIX – Sunday 7th November 2021

Warm Up 11:30 AM; Race Start 12:30 PM

- Female 400m Ind. Medley HDW
- Male 100m Butterfly
- Female 100m Freestyle
- Male 200m Backstroke
- Female 200m Breaststroke
- Male 50m Freestyle
- Female 50m Butterfly
- Male 200m Ind. Medley

SESSION SEVEN – FINALS – Sunday 7th November 2021

Warm Up 15:00 PM; Race Start 16:00 PM

- Male 200m Freestyle A & B Finals
- Female 100m Breaststroke A & B Finals
- Male 100m Backstroke A & B Finals
- Female 200m Butterfly A & B Finals
- Male 50m Breaststroke A & B Finals
- Female 50m Backstroke A & B Finals
- Male 100m Ind. Medley A & B Finals
- Male 100m Butterfly A & B Finals
- Female 100m Freestyle A & B Finals
- Male 200m Backstroke A & B Finals
- Female 200m Breaststroke A & B Finals
- Male 50m Freestyle A & B Finals
- Female 50m Butterfly A & B Finals
- Male 200m Ind. Medley A & B Finals

Withdrawals

Please note that withdrawals from finals must be made within 15 minutes of the end of each heat session. This includes the top 20 ranked swimmers in each event. Those swimmers ranked 17th and 20th will act as reserves and will still need to withdraw.