

Suffolk County Championships 2023

Session 1

Saturday 14th Jan
@ UEA Sportspark
Warm Up: tba
F 800 Free
M 1500 Free

Session 2

Sunday 15th Jan
@ UEA Sportspark
Warm Up: tba
M 800 Free
F 1500 Free

Session 3

Saturday 21st Jan
Warm Up: 2:30pm
Start: tba
Est Finish: tba
M 100 Free
F 50 Free
M 50 Fly
F 100 IM HDW
M 200 Breast HDW
F 200 Fly HDW
10 minute break
M 100 Free Finals
F 50 Free Finals
M 50 Fly Finals

03/02/22

At Crown Pools, Ipswich

Session 4

Sunday 22nd 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
F 150 IM HDW (para)
10 minute break
F 100 Fly Finals
M 50 Breast Finals
F 50 Back Finals

Session 5

Sunday 22nd 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 28th Jan
Warm Up: 2:30pm
Start: tba
Est Finish: tba
F 100 Free
M 50 Free
F 50 Fly
M 100 IM HDW
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 29th Jan
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
M 150 IM HDW (para)
10 minute break
M 100 Fly Finals
F 50 Breast Finals
M 50 Back Finals

Session 8

Sunday 29th Jan
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 5th Feb
Warm Up: tba
Start: tba
Est Finish: tba
F 400 Free HDW
M 400 Free HDW

Session 10

Sunday 5th Feb
Warm Up: tba
Start: tba
Est Finish: tba
F SKINS - Freestyle
M SKINS - Freestyle
F 14/15 Freestyle Team
M 14/15 Medley Team
F 12/13 Freestyle Team
M 12/13 Medley Team
F 10/11 Freestyle Team
M 10/11 Medley Team
F Open Freestyle Team
M Open Medley Team
break
F 14/15 Medley Team
M 14/15 Freestyle Team
F 12/13 Medley Team
M 12/13 Freestyle Team
F 10/11 Medley Team
M 10/11 Freestyle Team
F Open Medley Team
M Open Freestyle Team