

Suffolk County Championships 2023

At Crown Pools, Ipswich

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: 3:40pm

Est Finish: 6:15pm

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

Session 4

Sunday 22nd Jan

Warm Up: 8:30am

Start: 9:40am

Est Finish: 12:15pm

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: 1:00pm

Start: 1:55pm

Est Finish: 4:00pm

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: 3:40pm

Est Finish: 6:15pm

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: 9:25am

Est Finish: 11:30am

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: 12:30pm

Start: 1:25pm

Est Finish: 3:30pm

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: 10:00am

Start: 10:40am

Est Finish: 11:45am

F 400 Free HDW

M 400 Free HDW

Session 10

Sunday 5th Feb

Warm Up: 12:30pm

Start: 2:00pm

Est Finish: 4:30pm

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

01/01/23