

Suffolk County Championships 2022

At Crown Pools, Ipswich

Session 1

Saturday 22nd Jan
@ UEA Sportspark
Warm Up: 8:30am
Est Finish: 12:40pm
F 800 Free
M 1500 Free

Session 2

Sunday 23rd Jan
@ UEA Sportspark
Warm Up: 8:30am
Est Finish: 12:20pm
M 800 Free
F 1500 Free

Session 3

Saturday 29th Jan
Warm Up: 2:30pm
Start: 3:55pm
Est Finish: 6:55pm
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: 9:55am
Est Finish: 1:00pm
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: 1:30pm
Start: 2:55pm
Est Finish: 5:50pm
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: 3:55pm
Est Finish: 6:45pm
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: 9:55am
Est Finish: 12:45pm
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: 1:30pm
Start: 2:55pm
Est Finish: 5:55pm
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: 10:00am
Start: 10:40am
Est Finish: 12:00pm
F 400 Free HDW
M 400 Free HDW

Session 10

Sunday 13th Feb
Warm Up: 12:45pm
Start: 1:45pm
Est Finish: 3:15pm
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