

Suffolk County Championships 2024

At Crown Pools, Ipswich

Session 1

Saturday 13th Jan
@ UEA Sportspark

Warm Up: tba
M/F 800 Free

Session 2

Sunday 14th Jan
@ UEA Sportspark

Warm Up: tba
M/F 1500 Free

Session 3

Saturday 20th Jan
Warm Up: 2:30pm

Start: 3:45pm
Est Finish: 6:30pm

O 100 Free
F 50 Free
O 50 Fly
F 100 IM HDW
O 200 Breast HDW
F 200 Fly HDW
10 minute break
O 100 Free Finals
F 50 Free Finals
O 50 Fly Finals

Session 4

Sunday 21st Jan

Warm Up: 8:30am

Start: 9:45am

Est Finish: 12:30pm

F 100 Fly
O 50 Breast
F 50 Back
O 400 IM HDW
F 200 IM HDW
F 150 IM HDW (para)
10 minute break
F 100 Fly Finals
O 50 Breast Finals
F 50 Back Finals

Session 5

Sunday 21st Jan

Warm Up: 1:30pm

Start: 2:45pm

Est Finish: 5:15pm

F 100 Breast
O 100 Back
F 200 Back HDW
O 200 Free HDW
5 minute break
F 100 Breast Finals
O 100 Back Finals

Session 6

Saturday 27th Jan

Warm Up: 2:30pm

Start: 3:45pm

Est Finish: 6:30pm

F 100 Free
O 50 Free
F 50 Fly
O 100 IM HDW
F 200 Breast HDW
10 minute break
O 200 Fly HDW
10 minute break
F 100 Free Finals
O 50 Free Finals
F 50 Fly Finals

Session 7

Sunday 28th Jan

Warm Up: 8:30am

Start: 9:45am

Est Finish: 12:15pm

O 100 Fly
F 50 Breast
O 50 Back
F 400 IM HW
O 200 IM HDW
O 150 IM HDW (para)
10 minute break
O 100 Fly Finals
F 50 Breast Finals
O 50 Back Finals

Session 8

Sunday 28th Jan

Warm Up: 1:15pm

Start: 2:30pm

Est Finish: 5:00pm

O 100 Breast
F 100 Back
O 200 Back HDW
F 200 Free HDW
5 minute break
O 100 Breast Finals
F 100 Back Finals

Session 9

Sunday 4th Feb

Warm Up: 9:30am

Start: 10:15am

Est Finish: 12:00

F 400 Free HDW
O 400 Free HDW

Session 10

Sunday 4th Feb

Warm Up: 1:00pm

Start: 2:00pm

Est Finish: 4:15pm

F SKINS - Medley
O SKINS - Medley
break
F 14/15 Freestyle Team
O 14/15 Medley Team
F 12/13 Freestyle Team
O 12/13 Medley Team
F 10/11 Freestyle Team
O 10/11 Medley Team
F Open Freestyle Team
O Open Medley Team
break
F 14/15 Medley Team
O 14/15 Freestyle Team
F 12/13 Medley Team
O 12/13 Freestyle Team
F 10/11 Medley Team
O 10/11 Freestyle Team
F Open Medley Team
O Open Freestyle Team

01/02/24