

Swim England Summer Meet
Ponds Forge International Sports Centre, Sheffield
Friday 5th – Tuesday 9th August 2022

Programme of Events

Friday 5 th August 2022	Saturday 6 th 2022	Sunday 7 th August 2022	Monday 8 th August 2022	Tuesday 9 th August 2022
Session One – Heats Men's Warm Up – 07-40am Women's Warm Up – 08-15am Start 9am – 10-35am	Session Four – Heats Women's Warm Up – 07-40am Men's Warm Up – 08-15am Start 9am – 11-10am	Session Seven – Heats Men's Warm Up – 0740am Women's Warm Up – 08-15am Start 9am – 10-55am	Session Ten – Heats Women's Warm Up – 0740am Men's Warm Up – 08-15am Start 9am – 10-40am	Session Thirteen – Heats Men's Warm Up – 0740am Women's Warm Up – 08-15am Start 9am – 10-30am
Men's MC 100m Freestyle Women's MC 100m Freestyle Men's 100m Breaststroke Women's 100m Breaststroke Men's MC 50m Breaststroke H.D.W. Men's 50m Freestyle Women's 200m Freestyle Men's MC 100m Breaststroke Women's MC 100m Breaststroke H.D.W.	Women's MC 200m I.M. H.D.W. Men's MC 200m I.M. H.D.W. Women's 100m Butterfly Men's 200m Freestyle Women's 200m Breaststroke Men's 200m Breaststroke Men's MC 150m I.M. H.D.W.	Men's 100m Freestyle Women's 400m Freestyle Men's MC 400m Freestyle Women's MC 400m Freestyle H.D.W. Men's 50m Backstroke Women's 50m Backstroke	Women's 200m Butterfly Men's 200m Butterfly Men's MC 200m Freestyle H.D.W. Women's 50m Breaststroke Men's 50m Breaststroke Women's MC 100m Butterfly H.D.W. Men's MC 100m Butterfly H.D.W.	Men's 200m Backstroke Women's 200m Backstroke Men's MC 100m Backstroke H.D.W. Women's MC 100m Backstroke H.D.W. Men's 50m Butterfly Women's 50m Butterfly Men's MC 50m Butterfly H.D.W.
Session Two Mixed Warm Up 12-15pm Start 1pm – 2-50pm	Session Five Women's Warm Up 11-45am Men's Warm Up 12-20pm Start 1pm – 4pm	Session Eight Men's Warm Up 11-45am Women's Warm Up 12-20pm Start 1pm – 3-05pm	Session Eleven Women's Warm Up 11-45am Men's Warm Up 12-20pm Start 1pm – 3-45pm	Session Fourteen Mixed Warm Up 12-15pm Start 1pm – 2-50pm
Men's 400m I.M. Women's 400m I.M.	Women's 50m Freestyle Men's 100m Butterfly Women's MC 50m Freestyle Men's MC 50m Freestyle Women's 1500m Free	Men's 200m I.M. Women's 200m I.M. Men's 800m Free	Women's 100m Backstroke Men's 100m Backstroke Women's 100m Freestyle. Men's 1500m Free	Men's 400m Freestyle Women's 800m Free
Session Three – Finals Warm Up – 4-15pm Start 5pm	Session Six – Finals Warm Up – 4-15pm Start 5pm	Session Nine – Finals Warm Up – 4-15pm Start 5pm	Session Twelve – Finals Warm Up – 4-15pm Start 5pm	Session Fifteen- Finals Warm Up – 4-15pm Start 5pm
Men's MC 100m Freestyle Women's MC 100m Freestyle Men's 13/14,15,16,17,18+ 100m Breast Women's 12/13,14,15,16,17+ 100m Breast Men's 13/14,15,16,17,18+ 50m Freestyle Women's 12/13,14,15,16,17+ 200m Free Men's MC 100m Breaststroke Men's 13/14,15,16,17,18+ 400m I.M. Women's 12/13,14,15,16,17+ 400m I.M.	Women's 12/13,14,15,16,17+ 100m Fly Men's 13/14,15,16,17,18+ 200m Freestyle Women's 12/13,14,15,16,17+ 200m Breast Men's 13/14,15,16,17,18+ 200m Breast Women's 12/13,14,15,16,17+ 50m Freestyle Men's 13/14,15,16,17,18+ 100m Butterfly Women's MC 50m Freestyle Men's MC 50m Freestyle	Men's 13/14,15,16,17,18+ 100m Freestyle Women's 12/13,14,15,16,17+ 400m Free Men's MC 400m Freestyle Men's 13/14,15,16,17,18+ 50m Back Women's 12/13,14,15,16,17+ 50m Back Men's 13/14,15,16,17,18+ 200m I.M Women's 12/13,14,15,16,17+ 200m I.M.	Women's 12/13,14,15,16,17+ 200m Fly Men's 13/14,15,16,17,18+ 200m Butterfly Women's 12/13,14,15,16,17+ 50m Breaststroke Men's 13/14,15,16,17,18+ 50m Breaststroke Women's 12/13,14,15,16,17+ 100m Back Men's 13/14,15,16,17,18+ 100m Backstroke Women's 12/13,14,15,16,17+ 100m Free	Men's 13/14,15,16,17,18+ 200m Back Women's 12/13,14,15,16,17+ 200m Back Men's 13/14,15,16,17,18+ 50m Butterfly Women's 12/13,14,15,16,17+ 50m Butterfly Men's 13/14,15,16,17,18+ 400m Free