

# SE LONDON WINTER CHAMPIONSHIPS 2023

## SCHEDULE OF EVENTS

### Day One 4 November 2023

#### Session 1 8am Warm-up 8.30am start

HDW	101	Mixed 800 Free
		<b>Warm-up for heats</b>
Heats	102	Ladies 100 IM
Heats	103	Men/Open 200 Breast
Heats	104	Ladies 100 Fly
Heats	105	Men/Open 100 Free
Heats	106	Ladies 50 Breast
Heats	107	Men/Open 50 Fly
Heats	108	Ladies 200 Back
HDW	109	Men/Open 400 IM
		<b>Warm-up for finals</b>
Finals	102	Ladies 100 IM
Finals	103	Men/Open 200 Breast
Finals	104	Women100 Fly
Finals	105	Men/Open 100 Free
Finals	106	Ladies 50 Breast
Finals	107	Men/Open 50 Fly
Finals	108	Ladies 200 Back

#### Session: 2 TBA Warm Up

Heats	201	Ladies 200 IM
Heats	202	Men/Open 50 Free
Heats	203	Ladies 50 Back
Heats	204	Men/Open 100 Back
Heats	205	Ladies 200 Free
Heats	206	Men/Open 200 Fly
Heats	207	Ladies 100 Breast
HDW	208	Men/Open 400 Free
		<b>Warm-up for finals</b>
Finals	201	Ladies 200 IM
Finals	202	Men/Open 50 Free
Finals	203	Ladies 50 Back
Finals	204	Men/Open 100 Back
Finals	205	Ladies 200 Free
Finals	206	Men/Open 200 Fly
Finals	207	Ladies 100 Breast

### Day Two 5 November 2023

#### Session 3 8am Warm-up 8.30 start

HDW	301	Mixed 1500 Free
		<b>Warm-up for heats</b>
Heats	302	Men/Open 100 IM
Heats	303	Ladies 200 Breast
Heats	304	Men/Open 100 Fly
Heats	305	Ladies 100 Free
Heats	306	Men/Open 50 Breast
Heats	307	Ladies 50 Fly
Heats	308	Men/Open 200 Back
HDW	309	Ladies 400 IM
		<b>Warm-up for finals</b>
Finals	302	Men/Open 100 IM
Finals	303	Ladies 200 Breast
Finals	304	Men/Open 100 Fly
Finals	305	Ladies 100 Free
Finals	306	Men/Open 50 Breast
Finals	307	Ladies 50 Fly
Finals	308	Men/Open 200 Back

#### Session: 4 TBA Warm Up

Heats	401	Men/Open 200 IM
Heats	402	Ladies 50 Free
Heats	403	Men/Open 50 Back
Heats	404	Ladies 100 Back
Heats	405	Men/Open 200 Free
Heats	406	Ladies 200 Fly
Heats	407	Men/Open 100 Breast
HDW	408	Ladies 400 Free
		<b>Warm-up for finals</b>
Finals	401	Men/Open 200 IM
Finals	402	Ladies 50 Free
Finals	403	Men/Open 50 Back
Finals	404	Ladies 100 Back
Finals	405	Men/Open 200 Free
Finals	406	Ladies 200 Fly
Finals	407	Men/Open 100 Breast