

Swim England North East Region Open Championships (50m) 2020

Ponds Forge Sheffield 2nd & 3rd May

Entry Closing Date 10th April 2020

Session 1 Saturday 2nd May @ 09:00		
Men	100m	Freestyle
Women	200m	Freestyle
Men	50m	Breaststroke
Women	100m	Breaststroke
Men	400m	Ind.Medley
Women	100m	Butterfly
Men	100m	Backstroke
Women	50m	Freestyle
Men	200m	Butterfly
Women	200m	Ind.Medley
Men	400m	Freestyle
Women	50m	Backstroke
Men	200m	Breaststroke
Women	200m	Backstroke
Men	50m	Butterfly
Girls 14-16	4x100m	Free Team HDW
Girls 17 & over	4x100m	Free Team HDW
Boys 14-16	4x100m	Medley Team HDW
Boys 17 & over	4x100m	Medley Team HDW
Men/Women	800m	Freestyle HDW
A comfort break will be inserted into the session		
Session 2 Finals @ TBC		
Boys 14-16	4x200m	Free Team HDW
Boys 17 & over	4x200m	Free Team HDW

Session 3 Sunday 3rd May @ 09:00		
Women	100m	Freestyle
Men	200m	Freestyle
Women	50m	Breaststroke
Men	100m	Breaststroke
Women	400m	Ind.Medley
Men	100m	Butterfly
Women	100m	Backstroke
Men	50m	Freestyle
Women	200m	Butterfly
Men	200m	Ind.Medley
Women	400m	Freestyle
Men	50m	Backstroke
Women	200m	Breaststroke
Men	200m	Backstroke
Women	50m	Butterfly
Boys 14-16	4x100	Free Team HDW
Boys 17 & over	4x100	Free Team HDW
Girls 14-16	4x100	Medley Team HDW
Girls 17 & over	4x100	Medley Team HDW
Men/Women	1500m	Freestyle HDW
A comfort break will be inserted into the session		
Session 4 Finals @ TBC		
Girls 14-16	4x200	Free Team HDW
Girls 17 & over	4x200	Free Team HDW

Team Events are the SENER Qualification for the British Summer Championships

SENER Championships: 6 North Grove Crescent, Wetherby, LS22 7PY Tel: 01937 522481

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