

**Swim England East Midlands Short Course Championships 2024**  
**Harvey Hadden Nottingham Fri 1<sup>st</sup> / Sat 2<sup>nd</sup> / Sun 3<sup>rd</sup> November**  
**Licensed Level 2 - TBA**

## SCHEDULE OF EVENTS

| <b>Friday 1<sup>st</sup> November</b>         |           |                   |               |
|---|-----------|-------------------|---------------|
| <b>Session 1: Warm up 6:20pm Start 6:45pm</b> |           |                   |               |
| 101   | Female    | 1500m             | Freestyle HDW |
| <b>Break</b>                                  |           | <b>15 minutes</b> |               |
| 102   | Open/Male | 800m              | Freestyle HDW |

| <b>Saturday 2<sup>nd</sup> November</b>       |           |         |                       |
|---|-----------|---------|-----------------------|
| <b>Session 2: Start 09:00am (TBC)</b>         |           |         |                       |
| 201   | Female    | 100m    | Freestyle             |
| 202   | Open/Male | 200m    | Freestyle             |
| 203   | Female    | 50m     | Breaststroke          |
| 204   | Open/Male | 100m    | Breaststroke          |
| 205   | Female    | 400m    | Individual Medley HDW |
| 206   | Open/Male | 100m    | Butterfly             |
| 207   | Female    | 100m    | Backstroke            |
| 208   | Open/Male | 50m     | Backstroke            |
| 209   | Female    | 200m    | Butterfly             |
| 210   | Open/Male | 200m    | Individual Medley     |
| <b>Session 3: Start TBC</b>                   |           |         |                       |
| 301   | Female    | 400m    | Freestyle HDW         |
| 302   | Open/Male | 50m     | Freestyle             |
| 303   | Female    | 200m    | Breaststroke          |
| 304   | Open/Male | 1500m   | Freestyle HDW         |
| 305   | Female    | 100m    | Individual Medley     |
| 306   | Open/Male | 200m    | Backstroke            |
| 307   | Female    | 50m     | Butterfly             |
| <b>Tea Break approx. 1hr</b>                  |           |         |                       |
| <b>Session 4: Start TBC</b>                   |           |         |                       |
| <b>Finals of Saturday's Individual Events</b> |           |         |                       |
| 401/402                                       | Open/Male | 200m Fr | Junior + Senior Final |
| 403/404                                       | Female    | 100m Fr | Junior + Senior Final |
| 405/406                                       | Open/Male | 100m Br | Junior + Senior Final |
| 407/408                                       | Female    | 50m Br  | Junior + Senior Final |
| 409/410                                       | Open/Male | 100m Fl | Junior + Senior Final |
| 411/412                                       | Female    | 100m Bk | Junior + Senior Final |
| 413/414                                       | Open/Male | 50m Bk  | Junior + Senior Final |
| 415/416                                       | Female    | 200m Fl | Junior + Senior Final |
| 417/418                                       | Open/Male | 200m IM | Junior + Senior Final |
| 419/420                                       | Female    | 200m Br | Junior + Senior Final |
| 421/422                                       | Open/Male | 50m Fr  | Junior + Senior Final |
| 423/424                                       | Female    | 100m IM | Junior + Senior Final |
| 425/426                                       | Open/Male | 200m Bk | Junior + Senior Final |
| 427/428                                       | Female    | 50m Fl  | Junior + Senior Final |
| 429   | Open/Male | 4x100m  | Freestyle Team HDW    |
| 430   | Female    | 4x100m  | Freestyle Team HDW    |

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## SCHEDULE OF EVENTS

| <b>Sunday 3<sup>rd</sup> November</b>       |           |         |                       |
|---|-----------|---------|-----------------------|
| <b>Session 5: Start 09:00am (TBC)</b>       |           |         |                       |
| 501   | Open/Male | 100m    | Freestyle             |
| 502   | Female    | 200m    | Freestyle             |
| 503   | Open/Male | 50m     | Breaststroke          |
| 504   | Female    | 100m    | Breaststroke          |
| 505   | Open/Male | 400m    | Individual Medley HDW |
| 506   | Female    | 100m    | Butterfly             |
| 507   | Open/Male | 100m    | Backstroke            |
| 508   | Female    | 50m     | Backstroke            |
| 509   | Open/Male | 200m    | Butterfly             |
| 510   | Female    | 200m    | Individual Medley     |
| <b>Session 6: Start TBC</b>                 |           |         |                       |
| 601   | Open/Male | 400m    | Freestyle HDW         |
| 602   | Female    | 50m     | Freestyle             |
| 603   | Open/Male | 200m    | Breaststroke          |
| 604   | Female    | 800m    | Freestyle HDW         |
| 605   | Open/Male | 100m    | Individual Medley     |
| 606   | Female    | 200m    | Backstroke            |
| 607   | Open/Male | 50m     | Butterfly             |
| <b>Tea Break approx. 1hr</b>                |           |         |                       |
| <b>Session 7: Start TBC</b>                 |           |         |                       |
| <b>Finals of Sunday's Individual Events</b> |           |         |                       |
| 701/702                                     | Female    | 200m Fr | Junior + Senior Final |
| 703/704                                     | Open/Male | 100m Fr | Junior + Senior Final |
| 705/706                                     | Female    | 100m Br | Junior + Senior Final |
| 707/708                                     | Open/Male | 50m Br  | Junior + Senior Final |
| 709/710                                     | Female    | 100m Fl | Junior + Senior Final |
| 711/712                                     | Open/Male | 100m Bk | Junior + Senior Final |
| 713/714                                     | Female    | 50m Bk  | Junior + Senior Final |
| 715/716                                     | Open/Male | 200m Fl | Junior + Senior Final |
| 717/718                                     | Female    | 200m IM | Junior + Senior Final |
| 719/720                                     | Open/Male | 200m Br | Junior + Senior Final |
| 721/722                                     | Female    | 50m Fr  | Junior + Senior Final |
| 723/724                                     | Open/Male | 100m IM | Junior + Senior Final |
| 725/726                                     | Female    | 200m Bk | Junior + Senior Final |
| 727/728                                     | Open/Male | 50m Fl  | Junior + Senior Final |
| 729   | Female    | 4x100m  | Medley Team HDW       |
| 730   | Open/Male | 4x100m  | Medley Team HDW       |