

South Zonal Championships (50m)
Saturday 31st January and Sunday 1st February 2015
Venue: LAC, Stratford, London

Programme of Events

Saturday 31st January 2015 Session One - Heats	Saturday 31st January 2015 Session Two – Heats	Sunday 1st February 2015 Session Three - Heats	Sunday 1st February 2015 Session Four - Heats
W 200 Backstroke – H M 50 Freestyle - H W 50 Freestyle – H M 100 Backstroke – H W 100 Breaststroke – H M 200 Breaststroke – H W 200 Butterfly - H M 400 Freestyle - HDW	M 100 Freestyle – H W 200 Freestyle – H M 200 Individual Medley- H W 50m Butterfly - H M 50m Butterfly - H W 400 Individual Medley - HDW M 1500 Freestyle – HDW	M 200 Freestyle – H W 50m Breaststroke - H M 50m Backstroke – H W 100 Backstroke – H M 200 Butterfly – H W 200 Individual Medley – H M 100 Breaststroke – H W 100 Butterfly – H W 400 Freestyle – HDW	W 100 Freestyle – H M 100 Butterfly – H W 200 Breaststroke- H M 200 Backstroke – H W 50m Backstroke - H M 50m Breaststroke – H M 400 Individual Medley - HDW W 800 Freestyle – HDW
Finals	Finals	Finals	Finals
W 200 Backstroke – F x 2 M 50 Freestyle – F x 2 W 50 Freestyle – F x 2 M 100 Backstroke – F x 2 W 100 Breaststroke – F x 2 M 200 Breaststroke – F x 2 W 200 Butterfly – F x 2	M 100 Freestyle – F x 2 W 200 Freestyle – F x 2 M 200 Individual Medley- F x 2 W 50m Butterfly – F x 2 M 50m Butterfly – F x 2	M 200 Freestyle – F x 2 W 50m Breaststroke – F x 2 M 50m Backstroke – F x 2 W 100 Backstroke – F x 2 M 200 Butterfly – F x 2 W 200 Individual Medley – F x 2 M 100 Breaststroke – F x 2 W 100 Butterfly – F x 2	W 100 Freestyle – F x 2 M 100 Butterfly – F x 2 W 200 Breaststroke- F x 2 M 200 Backstroke – F x 2 W 50m Backstroke – F x 2 M 50m Breaststroke – F x 2

Finals will be held for the following ages:
Mens/Boys: 17 & over and 16 & under;
Womens/Girls: 15 & over and 14 & under.

Age at 1st February 2015