

## Regional Open Championships (50m) 2022

Ponds Forge Sheffield 30<sup>th</sup> April & 1<sup>st</sup> May

Entry Closing Date 8<sup>th</sup> April 2022

Session 1 Saturday 30 <sup>th</sup> April @ 09:00			Session 3 Sunday 1 <sup>st</sup> May @ 09:00		
Men	100m	Freestyle	Women	100m	Freestyle
Women	200m	Freestyle	Men	200m	Freestyle
Men	50m	Breaststroke	Women	50m	Breaststroke
Women	100m	Breaststroke	Men	100m	Breaststroke
Men	400m	Ind.Medley	Women	400m	Ind.Medley
Women	100m	Butterfly	Men	100m	Butterfly
Men	100m	Backstroke	Women	100m	Backstroke
Women	50m	Freestyle	Men	50m	Freestyle
Men	200m	Butterfly	Women	200m	Butterfly
Women	200m	Ind.Medley	Men	200m	Ind.Medley
Men	400m	Freestyle	Women	400m	Freestyle
Women	50m	Backstroke	Men	50m	Backstroke
Men	200m	Breaststroke	Women	200m	Breaststroke
Women	200m	Backstroke	Men	200m	Backstroke
Men	50m	Butterfly	Women	50m	Butterfly
Girls 14-16	4x100m	Free Team HDW	Boys 14-16	4x100	Free Team HDW
Girls 17 & over	4x100m	Free Team HDW	Boys 17 & over	4x100	Free Team HDW
Boys 14-16	4x100m	Medley Team HDW	Girls 14-16	4x100	Medley Team HDW
Boys 17 & over	4x100m	Medley Team HDW	Girls 17 & over	4x100	Medley Team HDW
Men/Women	800m	Freestyle HDW	Men/Women	1500m	Freestyle HDW
<b>A comfort break will be inserted into the session</b>			<b>A comfort break will be inserted into the session</b>		
<b>Session 2 Finals @ TBC</b>			<b>Session 4 Finals @ TBC</b>		
Boys 14-16	4x200m	Free Team HDW	Girls 14-16	4x200	Free Team HDW
Boys 17 & over	4x200m	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

[Email: nerswimmingmanager42asaner.org.uk](mailto:nerswimmingmanager42asaner.org.uk)