

SESSION ONE	
WARM UP: 8.00 AM START:- 9.00 AM	
No	Event
101	Open 400m Freestyle
102	Girls 200m IM
103	Open 50m Butterfly
104	Girls 50m Backstroke
105	Open 100m Freestyle
106	Girls 100m Breaststroke
107	Open 200m Backstroke
108	Girls 100m Butterfly

109	Girls Skins 14 years & Under
110	Girls Skins 15 years & over

SESSION THREE	
WARM UP: 8.00 AM START:- 9.00 AM	
No	Event
301	Girls 400m Freestyle
302	Open 200m IM
303	Girls 50m Butterfly
304	Open 50m Backstroke
305	Girls 100m Freestyle
306	Open 100m Breaststroke
307	Girls 200m Backstroke
308	Open 100m Butterfly

309	Open Skins 14 years & Under
310	Open Skins 15 years & over

SESSION TWO	
WARM UP: TBC START: TBC	
No	Events
201	Girls 400m IM
202	Open 100m IM
203	Girls 50m Freestyle
204	Open 100m Backstroke
205	Girls 200m Breaststroke
206	Open 50m Breaststroke
207	Girls 200m Freestyle
208	Open 200m Butterfly

SESSION FOUR	
WARM UP: TBC START: TBC	
No	Events
401	Open 400m IM
402	Girls 100m IM
403	Open 50m Freestyle
404	Girls 100m Backstroke
405	Open 200m Breaststroke
406	Girls 50m Breaststroke
407	Open 200m Freestyle
408	Girls 200m Butterfly