## Saturday 19th December 2026

### Session 1

| Time | Warm-up |
|---|---|
| 08:00 – 08:25 | **Female** |
| 08:25 – 08:50 | **Open/Male** |
| **09:00** | **Session starts** |

### Session 2

| Time | Warm-up |
|---|---|
| 13:30 – 13:55 | **Open/Male** |
| 13:55 – 14:20 | **Female** |
| **14:30** | **Session starts** |

## Sunday 20th December 2026

### Session 3

| Time | Warm-up |
|---|---|
| 08:00 – 08:25 | **Open/Male** |
| 08:25 – 08:50 | **Female** |
| **09:00** | **Session starts** |

### Session 4

| Time | Warm-up |
|---|---|
| 13:30 – 13:55 | **Female** |
| 13:55 – 14:20 | **Open/Male** |
| **14:30** | **Session starts** |

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