



Session 1 Saturday 23rd November – 8.00am Warm Up for 9.00am Start

EVENT	DISTANCE	STROKE	GENDER	AGE
1	400m	IM	Girls	10/Over
2	200m	IM	Boys	9/Over
3	100m	Freestyle	Girls	9/Over
4	100m	Breaststroke	Boys	9/Over
5	200m	Backstroke	Girls	9/Over
6	200m	Butterfly	Boys	9/Over
7	50m	Breaststroke	Girls	9/Over
8	50m	Freestyle	Boys	9/Over

Session 2 Saturday 23rd November – TBA

EVENT	DISTANCE	STROKE	GENDER	AGE
9	400m	Freestyle	Boys	10/Over
10	200m	Freestyle	Girls	9/Over
11	100m	Backstroke	Boys	9/Over
12	100m	Butterfly	Girls	9/Over
13	200m	Breaststroke	Boys	9/Over
14	50m	Butterfly	Girls	9/Over
15	50m	Backstroke	Boys	9/Over

SUNDAY

Session 3 Sunday 24th November – 8.00am Warm Up for 9.00am Start

EVENT	DISTANCE	STROKE	GENDER	AGE
16	400m	IM	Boys	10/Over
17	200m	IM	Girls	9/Over
18	100m	Freestyle	Boys	9/Over
19	100m	Breaststroke	Girls	9/Over
20	200m	Backstroke	Boys	9/Over
21	200m	Butterfly	Girls	9/Over
22	50m	Breaststroke	Boys	9/Over
23	50m	Freestyle	Girls	9/Over

Session 4 Sunday 24th November – TBA

EVENT	DISTANCE	STROKE	GENDER	AGE
24	400m	Freestyle	Girls	10/Over
25	200m	Freestyle	Boys	9/Over
26	100m	Backstroke	Girls	9/Over
27	100m	Butterfly	Boys	9/Over
28	200m	Breaststroke	Girls	9/Over
29	50m	Butterfly	Boys	9/Over
30	50m	Backstroke	Girls	9/Over