

Programme Of Events

Friday 24th September - Session 1 - Warm Up 18:30			
Event No	Gender	Event	Estimated Start
101	M	400m Individual Medley	18:55
102	F	400m Individual Medley	19:10
103	M	400m Freestyle	19:27
104	F	400m Freestyle	20:21
Finish @ 21:13			

Saturday 25th September - Session 2 - Warm Up 07:30			
Event No	Gender	Event	Estimated Start
201	M	200m Individual Medley	08:25
202	F	100m Breaststroke	09:04
203	M	50m Butterfly	09:43
20minute Break @ 10:02			
204	F	100m Backstroke	10:22
205	M	200m Butterfly	10:56
206	F	200m Freestyle	11:08
207	M	Skins	11:58
Lunch @ 12:18			

Sunday 26th September - Session 4 - Warm Up 07:30			
Event No	Gender	Event	Estimated Start
401	F	200m Individual Medley	08:25
402	M	100m Breaststroke	09:19
403	F	50m Butterfly	09:46
20minute Break @ 10:10			
404	M	100m Backstroke	10:30
405	F	200m Butterfly	10:51
406	M	200m Freestyle	10:59
407	F	Skins	11:38
Lunch @ 11:58			

Saturday 25th September - Session 3 - Warm Up 12:25			
Event No	Gender	Event	Estimated Start
301	M	50m Breaststroke	13:40
302	F	100m Freestyle	14:02
303	M	200m Backstroke	14:50
304	F	200m Breaststroke	15:16
20minute Break @ 15:57			
305	M	100m Individual Medley	16:17
306	F	100m Butterfly	16:52
307	M	50m Backstroke	17:07
308	F	50m Freestyle	17:30
15minute Break @ 17:59			
309	F	100m Freestyle Final 9 Years	18:14
310	F	100m Freestyle Final 10 Years	18:17
311	F	100m Freestyle Final 11 Years	18:20
312	F	100m Freestyle Final 12 Years	18:23
313	F	100m Freestyle Final 13 Years	18:26
314	F	100m Freestyle Final 14 Years	18:29
315	F	100m Freestyle Final 15+ Years	18:32
Finish @ 18:35			

Sunday 26th September - Session 5 - Warm Up 12:05			
Event No	Gender	Event	Estimated Start
501	F	50m Breaststroke	13:20
502	M	100m Freestyle	13:50
503	F	200m Backstroke	14:30
504	M	200m Breaststroke	15:01
20minute Break @ 15:33			
505	F	100m Individual Medley	15:53
506	M	100m Butterfly	16:34
507	F	50m Backstroke	16:48
508	M	50m Freestyle	17:18
15minute Break @ 17:40			
509	M	100m Freestyle Final 9 Years	17:55
510	M	100m Freestyle Final 10 Years	17:58
511	M	100m Freestyle Final 11 Years	18:01
512	M	100m Freestyle Final 12 Years	18:04
513	M	100m Freestyle Final 13 Years	18:07
514	M	100m Freestyle Final 14 Years	18:10
515	M	100m Freestyle Final 15+ Years	18:13
Finish @ 18:16			