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| Friday 18th April |
| Session 1 – Warmup 8.00am, Start 9.10am |  | Session 3 – Finals – Warmup TBC |
| 101 | Female | 200 Backstroke HDW | 103F | Female | 13/14 100 Freestyle Final |
| 102 | Open/Male | 200 Breaststroke HDW | 103F | Female | 15/16 100 Freestyle Final |
| 103 | Female | 100 Freestyle Heats | 103F | Female | 17/Over 100 Freestyle Final |
| 104 | Open/Male | 100 Butterfly Heats | 104F | Open/Male | 13/14 100 Butterfly Final |
| 105 | Female | 50 Breaststroke Heats | 104F | Open/Male | 15/16 100 Butterfly Final |
| 106 | Open/Male | 400 Freestyle HDW | 104F | Open/Male | 17/Over 100 Butterfly Final |
| Session 2 – Warmup TBA, Start 0144 | 203F | Female | 13/14 100 Butterfly Final |
| Session 2 – Warmup TBA, Start TBC | 203F | Female | 15/16 100 Butterfly Final |
| 201 | Female | 200 Breaststroke HDW | 203F | Female | 17/Over 100 Butterfly Final |
| 202 | Open/Male | 200 Backstroke HDW | 204F | Open/Male | Open 50 Breaststroke Final |
| 203 | Female | 100 Butterfly Heats | 105F | Female | Open 50 Breaststroke Final |
| 204 | Open/Male | 50 Breaststroke Heats |  |
| 205 | Mixed | 11/Over 800 Freestyle (4 heats) |
| Saturday 19th April |
| Session 4 – Warmup 8.00am, Start 9.10am |  | Session 6 – Finals – Warmup TBC |
| 401 | Open/Male | 200 Butterfly HDW | 405F | Open/Male | 13/14 100 Freestyle Final |
| 402 | Female | 200 IM HDW | 405F | Open/Male | 15/16 100 Freestyle Final |
| 403 | Open/Male | 50 Backstroke Heats | 405F | Open/Male | 17/Over 100 Freestyle Final |
| 404 | Female | 50 Freestyle Heats | 503F | Female | 13/14 100 Backstroke Final |
| 405 | Open/Male | 100 Freestyle Heats | 503F | Female | 15/16 100 Backstroke Final |
| 406 | Female | 400 Freestyle HDW | 503F | Female | 17/Over 100 Backstroke Final |
|  | 403F | Open/Male | Open 50 Backstroke Final |
| Session 5 – Warmup TBC, Start TBC | 404F | Female | Open 50 Freestyle Final |
| 501 | Female | 200 Butterfly HDW | 504F | Open/Male | Open 50 Butterfly Final |
| 502 | Open/Male | 200 IM HDW | 505F | Female | Open 50 Butterfly Final |
| 503 | Female | 100 Backstroke Heats |  |
| 504 | Open/Male | 50 Butterfly Heats |
| 505 | Female | 50 Butterfly Heats |
| 506 | Mixed | 11/Over 1500 Freestyle HDW (3 Heats) |
| **Sunday 20th April** |
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| **Session 7 – Warmup 8.00am, Start 9.10am** |  | **Session 9 – Finals – Warmup TBC** |
| 701 | Open/Male | 100 Backstroke Heats | 701F | Open/Male | 13/14 100 Backstroke Final |
| 702 | Female | 200 Freestyle HDW | 701F | Open/Male | 15/16 100 Backstroke Final |
| 703 | Open/Male | 50 Freestyle Heats | 701F | Open/Male | 17/Over 100 Backstroke Final |
| 704 | Female | 100 Breaststroke Heats | 704F | Female | 13/14 100 Breaststroke Final |
| 705 | Open/Male | 400 IM HDW | 704F | Female | 15/16 100 Breaststroke Final |
| **Session 8 – Warmup TBA, Start TBC** | 704F | Female | 17/Over 100 Breaststroke Final |
| 801 | Open/Male | 200 Freestyle HDW | 803F | Open/Male | 13/14 100 Breaststroke Final |
| 802 | Female | 50 Backstroke Heats | 803F | Open/Male | 15/16 100 Breaststroke Final |
| 803 | Open/Male | 100 Breaststroke Heats | 803F | Open/Male | 17/Over 100 Breaststroke Final |
| 804 | Female | 400 IM HDW | 802F | Female | Open 50 Backstroke Final |
|  | 703F | Open/Male | Open 50 Freestyle Final |
| *\* Session start times may change depending on entries. Information will be posted with accepted entries* |