

Schedule of Events

Session 1

Warm up 08:00; Start 09:00

101	Female	400 IM
102	Open/Male	200 Backstroke
103	Female	50 Butterfly
104	Open/Male	100 Breaststroke
105	Female	200 Freestyle

FINALS

104F	Open/Male	100 Breaststroke
103F	Female	50 Butterfly

Session 2

Warm up & Start TBC

201	Female	800 Freestyle
202	Open/Male	100 freestyle
203	Female	50 Backstroke
204	Open/Male	200 Breaststroke
FINALS		
202F	Open/Male	100 freestyle
203F	Female	50 Back
205	Open/Male	4x50 Freestyle (13 and under)
206	Female	4x100 IM 14-15 + 16 over

Session 3

Warm up 08:00; Start 09:00

301	Open/Male	400 Freestyle
302	Female	100 Fly
303	Open/Male	50 Breast
304	Female	200 IM

FINALS

302F	Female	100 Fly
303F	Open/Male	50 Breast
304F	Female	200 IM

Session 4

Warm up & Start TBC

401	Open/Male	1500 Freestyle
402	Female	100 Back
403	Open/Male	50 free
404	Female	200 Fly
FINALS		
402F	Female	100 Back
403F	Open/Male	50 free
405	Female	4x50 IM (13 and under)
406	Open/Male	4x100 Freestyle 14-15 + 16 over

Schedule of Events

Session 5

Warm up 08:00; Start 09:00

501	Open/Male	400 IM
502	Female	200 Back
503	Open/Male	50 Butterfly
504	Female	100 Breast
505	Open/Male	200 Freestyle

FINALS

504F	Female	100 Breast
503F	Open/Male	50 Butterfly

Session 6

Warm up & Start TBC

601	Open/Male	800 Freestyle
602	Female	100 freestyle
603	Open/Male	50 Back
604	Female	200 Breast

FINALS

602F	Female	100 freestyle
603F	Open/Male	50 Back
605	Female	4x50 Freestyle (13 and under)
606	Open/Male	4x100 IM 14-15 + 16 over

Session 7

Warm up 08:00; Start 09:00

701	Female	400 Freestyle
702	Open/Male	100 Fly
703	Female	50 Breast
704	Open/Male	200 IM

FINALS

702F	Open/Male	100 Fly
703F	Female	50 Breast
704F	Open/Male	200 IM

Session 8

Warm up & Start TBC

801	Female	1500 Freestyle
802	Open/Male	100 Back
803	Female	50 free
804	Open/Male	200 Fly

FINALS

802F	Open/Male	100 Back
803F	Female	50 free
805	Open/Male	4x50 IM (13 and under)
806	Female	4x100 Freestyle 14-15 + 16 over