

WEEKEND 1

SATURDAY 9th January

SESSION 1 : Warm up tbc Start tbc

Open/Male 10-13	4x50 Freestyle Relay	TIMED FINALS
Female 10 & over	4x50 Medley Relay	TIMED FINALS
Female 10 -13	4x50 Freestyle Relay	TIMED FINALS
Open/Male 10 & over	4x50 Medley Relay	TIMED FINALS
Mixed 10 - 13	4x50 Medley Relay	TIMED FINALS
Mixed 10 & over	4x50 Medley Relay	TIMED FINALS
Mixed 10 - 13	4x50 Freestyle Relay	TIMED FINALS
Mixed 10 & over	4x50 Freestyle Relay	TIMED FINALS
Open/Male 10-13	4x50 Medley Relay	TIMED FINALS
Female 10 & Over	4x50 Freestyle Relay	TIMED FINALS
Female 10 -13	4x50 Medley Relay	TIMED FINALS
Open/Male 10 & over	4x50 Freestyle Relay	TIMED FINALS

WEEKEND 2

SATURDAY 16th January

SESSION 2 : Warm up tbc

Female 10 - 15	4x50 Freestyle Relay	TIMED FINALS
Open/Male 10 - 15	4x50 Medley Relay	TIMED FINALS
Mixed 10 - 15	4x50 Medley Relay	TIMED FINALS
Mixed 10 - 15	4x50 Freestyle Relay	TIMED FINALS
Female 10 - 15	4x50 Medley Relay	TIMED FINALS
Open/Male 10 - 15	4x50 Freestyle Relay	TIMED FINALS