



WEEKEND 1

SATURDAY 16th January		
SESSION 1 : Warm up tbc		
Mixed	800m Freestyle	TIMED FINALS

WEEKEND 2

SATURDAY 23rd January			
SESSION 2 : Warm up tbc Start tbc			
Open/Male	400m Freestyle	TIMED FINALS	
Female	400m Freestyle	TIMED FINALS	
	<Warm Up>		
Open/Male	100m Backstroke	HEATS	
Female	100m Butterfly	HEATS	
Open/Male 10/11	100m Backstroke	FINAL	
Open/Male 12	100m Backstroke	FINAL	
Open/Male 13	100m Backstroke	FINAL	
Open/Male 14	100m Backstroke	FINAL	
Open/Male 15	100m Backstroke	FINAL	
Open/Male 16+	100m Backstroke	FINAL	
Female 10/11	100m Butterfly	FINAL	
Female 12	100m Butterfly	FINAL	
Female 13	100m Butterfly	FINAL	
Female 14	100m Butterfly	FINAL	
Female 15	100m Butterfly	FINAL	
Female 16 +	100m Butterfly	FINAL	

SESSION 3 : Warm up t.b.c. Start t.b.c.

Open/Male	100m Butterfly	HEATS
Female	100m Backstroke	HEATS
Open/Male 10/11	100m Butterfly	FINAL
Open/Male 12	100m Butterfly	FINAL
Open/Male 13	100m Butterfly	FINAL
Open/Male 14	100m Butterfly	FINAL
Open/Male 15	100m Butterfly	FINAL
Open/Male 16+	100m Butterfly	FINAL
Female 10/11	100m Backstroke	FINAL
Female 12	100m Backstroke	FINAL
Female 13	100m Backstroke	FINAL
Female 14	100m Backstroke	FINAL
Female 15	100m Backstroke	FINAL
Female 16+	100m Backstroke	FINAL

SESSION 4 : Warm up t.b.c. Start t.b.c.

Open/Male	200m Individual Medley	TIMED FINALS
Female	200m Individual Medley	TIMED FINALS
Open/Male	200m Individual Medley	CHMP FINAL
Female	200m Individual Medley	CHMP FINAL

SUNDAY 24th January

SESSION 5 : Warm up tbc			
Open/Male	400m Individual Medley	TIMED FINALS	
Female	400m Individual Medley	TIMED FINALS	
	<Warm Up>		
Open/Male	100m Freestyle	HEATS	
Female	100m Breaststroke	HEATS	
Open/Male 10/11	100m Freestyle	FINAL	
Open/Male 12	100m Freestyle	FINAL	
Open/Male 13	100m Freestyle	FINAL	
Open/Male 14	100m Freestyle	FINAL	
Open/Male 15	100m Freestyle	FINAL	
Open/Male 16+	100m Freestyle	FINAL	
Female 10/11	100m Breaststroke	FINAL	
Female 12	100m Breaststroke	FINAL	
Female 13	100m Breaststroke	FINAL	
Female 14	100m Breaststroke	FINAL	
Female 15	100m Breaststroke	FINAL	
Female 16+	100m Breaststroke	FINAL	

SESSION 6 : Warm up t.b.a. Start t.b.a.

Open/Male	100m Breaststroke	HEATS
Female	100m Freestyle	HEATS
Open/Male 10/11	100m Breaststroke	FINAL
Open/Male 12	100m Breaststroke	FINAL
Open/Male 13	100m Breaststroke	FINAL
Open/Male 14	100m Breaststroke	FINAL
Open/Male 15	100m Breaststroke	FINAL
Open/Male 16+	100m Breaststroke	FINAL
Female 10/11	100m Freestyle	FINAL
Female 12	100m Freestyle	FINAL
Female 13	100m Freestyle	FINAL
Female 14	100m Freestyle	FINAL
Female 15	100m Freestyle	FINAL
Female 16+	100m Freestyle	FINAL

WEEKEND 3

SATURDAY 30th January		
SESSION 2 : Warm up tbc		
Mixed	1500m Freestyle	TIMED FINALS

WEEKEND 4

SATURDAY 6th February			
SESSION 7 : Warm up tbc Start tbc			
Female	50m Freestyle	HEATS	
Open/Male	50m Breaststroke	HEATS	
Female	200m Butterfly	TIMED FINALS	
Open/Male	200m Backstroke	TIMED FINALS	
Female 10/11	50m Freestyle	FINAL	
Female 12	50m Freestyle	FINAL	
Female 13	50m Freestyle	FINAL	
Female 14	50m Freestyle	FINAL	
Female 15	50m Freestyle	FINAL	
Female 16 +	50m Freestyle	FINAL	
Open/Male 10/11	50m Breaststroke	FINAL	
Open/Male 12	50m Breaststroke	FINAL	
Open/Male 13	50m Breaststroke	FINAL	
Open/Male 14	50m Breaststroke	FINAL	
Open/Male 15	50m Breaststroke	FINAL	
Open/Male 16+	50m Breaststroke	FINAL	
Female	200m Butterfly	CHMP FINAL	
Open/Male	200m Backstroke	CHMP FINAL	

SESSION 8 : Warm up t.b.a. Start t.b.a

Female	50m Backstroke	HEATS
Open/Male	50m Butterfly	HEATS
Female	200m Breaststroke	TIMED FINALS
Open/Male	200m Freestyle	TIMED FINALS
Female 10/11	50m Backstroke	FINAL
Female 12	50m Backstroke	FINAL
Female 13	50m Backstroke	FINAL
Female 14	50m Backstroke	FINAL
Female 15	50m Backstroke	FINAL
Female 16 +	50m Backstroke	FINAL
Open/Male 10/11	50m Backstroke	FINAL
Open/Male 12	50m Backstroke	FINAL
Open/Male 13	50m Backstroke	FINAL
Open/Male 14	50m Backstroke	FINAL
Open/Male 15	50m Backstroke	FINAL
Open/Male 16+	50m Backstroke	FINAL
Female	200m Breaststroke	CHMP FINAL
Open/Male	200m Freestyle	CHMP FINAL

SESSION 9 : Warm up t.b.a. Start t.b.a

Female	50m Breaststroke	HEATS
Open/Male	50m Backstroke	HEATS
Female	200m Freestyle	TIMED FINALS
Open/Male	200m Breaststroke	TIMED FINALS
Female 10/11	50m Breaststroke	FINAL
Female 12	50m Breaststroke	FINAL
Female 13	50m Breaststroke	FINAL
Female 14	50m Breaststroke	FINAL
Female 15	50m Breaststroke	FINAL
Female 16 +	50m Breaststroke	FINAL
Open/Male 10/11	50m Backstroke	FINAL
Open/Male 12	50m Backstroke	FINAL
Open/Male 13	50m Backstroke	FINAL
Open/Male 14	50m Backstroke	FINAL
Open/Male 15	50m Backstroke	FINAL
Open/Male 16+	50m Backstroke	FINAL
Female	200m Freestyle	CHMP FINAL
Open/Male	200m Breaststroke	CHMP FINAL

Sunday 7th February

SESSION 10 : Warm up tbc Start tbc			
Female	50m Butterfly	HEATS	
Open/Male	50m Freestyle	HEATS	
Female	200m Backstroke	TIMED FINALS	
Open/Male	200m Butterfly	TIMED FINALS	
Female 10/11	50m Butterfly	FINAL	
Female 12	50m Butterfly	FINAL	
Female 13	50m Butterfly	FINAL	
Female 14	50m Butterfly	FINAL	
Female 15	50m Butterfly	FINAL	
Female 16 +	50m Butterfly	FINAL	
Open/Male 10/11	50m Freestyle	FINAL	
Open/Male 12	50m Freestyle	FINAL	
Open/Male 13	50m Freestyle	FINAL	
Open/Male 14	50m Freestyle	FINAL	
Open/Male 15	50m Freestyle	FINAL	
Open/Male 16+	50m Freestyle	FINAL	
Female	200m Backstroke	CHMP FINAL	
Open/Male	200m Butterfly	CHMP FINAL	

SESSION 11 : Warm up t.b.a. Start t.b.a.

Female	100m Individual Medley	HEATS
Open/Male	100m Individual Medley	HEATS
Female 10/11	100m Individual Medley	FINAL
Female 12	100m Individual Medley	FINAL
Female 13	100m Individual Medley	FINAL
Female 14	100m Individual Medley	FINAL
Female 15	100m Individual Medley	FINAL
Female 16 +	100m Individual Medley	FINAL
Open/Male 10/11	100m Individual Medley	FINAL
Open/Male 12	100m Individual Medley	FINAL
Open/Male 13	100m Individual Medley	FINAL
Open/Male 14	100m Individual Medley	FINAL
Open/Male 15	100m Individual Medley	FINAL
Open/Male 16+	100m Individual Medley	FINAL