





### **Session One**

Saturday 20 January - W/U 18:00 Start 18:30

Mixed 1500m Freestyle TF

### **Session Two**

Friday 26 January - W/U 18:00 Start 18:30

Mixed 800m Freestyle TF

## **Session Three**

### Saturday 27 January - W/U 08:25 Start 09.30

Men's	200m	Freestyle	TF
Female	100m	Backstroke	Heats
Open/Male	50m	Breaststroke	Heats
Female	200m	Butterfly	TF
Open/Male	400m	Individual Med	TF

Female	100m	Backstroke	Finals
Open/Male	50m	Breaststroke	Finals

### **Session Four**

### Saturday 27 January- W/U 13.25 Start 14.30

Female	100m	Butterfly	Heats
Open/Male	50m	Freestyle	Heats
Female	200m	Individual Med	TF

### Relay Swimmers Only W/U 15.45

Freestyle

Open/Male 50m

Female	100m	Butt	erfly		Finals	
Open/Male	10&11	4x50m	Med	Team	TF	
Female10&1	.1	4x50m	Med	Team	TF	
Open/Male	12&13	4x50m	Med	Team	TF	
Female 12&:	13	4x50m	Med '	Team	TF	
Open/Male	14&15	4x50m	Med	Team	TF	
Female 14&:	15	4x50m	Med <sup>1</sup>	Team	TF	
Open/Male	Open	4x50m	Med '	Team	TF	

Female Open 4x50m Med Team TF

### **Session Five**

### Sunday 28 January - W/U 08:25 Start 09.30

Female	400m	Freestyle	TF
Open/Male	50m	Backstroke	Heats
Female	100m	Breaststroke	Heats
Open/Male	200m	Breaststroke	TF

# Relay Swimmers Only W/U 11.30 le 100m Breaststroke F

Open/Male 50n	n Backstroke	Final
Mixed 10&11	4x50m Free Team	TF
Mixed 12&13	4x50m Free Team	TF
Mixed 14&15	4x50m Free Team	TF
Mixed Open	4x50m Free Team	TF

### **Session Six**

### Sunday 28 January - W/U 13.25 Start 14.30

Open/Male	50m	Butterfly	Heats
Female	100m	Freestyle	Heats
Open/Male	200m	Backstroke	TF

#### Relay Swimmers Only W/U 15.45

Female	100m	Freestyle	Finals
Open/Male	50m	Butterfly	Finals

Female Open	4x100 Med Team	TF
Open/Male Open	4x100 Med Team	TF

### **Session Seven**

# Saturday 3 February – W/U 08:25 Start 09.30

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Open/Male	100m	Backstroke	Heats
Female	50m	Butterfly	Heats
Open/Male	200m	Butterfly	TF
Female	400m	Individual Med	TF
Open/Male	100m	Backstroke	Finals
Female	50m	Butterfly	Finals

## **Session Eight**

### Saturday 3 February - W/U 13.25 Start 14.30

Open/Male	100m	Butterfly	Heats
Female	50m	Breaststroke	Heats
Open/Male	200m	Individual Med	TF

### Relay Swimmers Only W/U 15.45

Female 5	50m	Breaststrok	e	Finals
Open/Male	100m	Butterfly		Finals
Female 10&1	1 4x	50m Free Te	eam	TF
Open/Male 10	0&11 4x	50m Free Te	eam	TF
Female 12&1	3 4x	50m Free Te	eam	TF
Open/Male 12	2&13 4x	50m Free Te	eam	TF
Female 14&1	5 4x	50m Free Te	eam	TF
Open/Male 14	4&15 4x	50m Free Te	eam	TF
Female Open	4x	50m Free Te	eam	TF
Open/Male O	pen 4x	50m Free Te	eam	TF

### **Session Nine**

### Sunday 4 February - W/U 08:25 Start 09.30

Open/Male	400m	Freestyle	TF
Female	50m	Backstroke	Heats
Open/Male	100m	Breaststroke	Heats
Female	200m	Breaststroke	TF

#### Relay Swimmers Only W/U 11.25

Open/Male	100m	Breaststroke	Finals	
Female	50m	Backstroke	Finals	
Mixed 10&1	1 4x!	50m Med Team	TF	
Mixed 12&1	3 4x!	50m Med Team	TF	
Mixed 14&1	5 4x!	50m Med Team	TF	
Mixed Open	4x!	50m Med Team	TF	

### **Session Ten**

#### Sunday 4 February - W/U 13.25 Start 14.30

Female	50m	Freestyle	Heats
Open/Male	100m	Freestyle	Heats
Female	200m	Backstroke	TF

### Relay Swimmers Only W/U 15.50

Open/Male	100m	Freestyle	Finals	
Female	50m	Freestyle	Finals	

Open/Male Open	4x100m	Free T	「eam	TF
Female Open	4x100m	Free T	Team	TF

Warm up Sessions will last one hour unless stated otherwise

800 Free and 1500 Free Warm Up will be 25 Minutes

Relay Swimmers Warm Up will be no earlier than time given and will be for 15 minutes

TF = Timed Final