

Licence Numbers :
2ER200118, 2ER200119, 2ER200120, 2ER200121, 2ER200122

WEEKEND 1

SATURDAY 11th JANUARY 2020

SESSION 1 : Warm up 14:00 Start 14:50

Female	100m Butterfly	HEATS
Male	100m Backstroke	HEATS
Female	100m Freestyle	HEATS
Male	100m Breaststroke	HEATS

BREAK

SESSION 2 : Warm up t.b.c.

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
Male 10/11	100m Backstroke	FINAL
Male 12	100m Backstroke	FINAL
Male 13	100m Backstroke	FINAL
Male 14	100m Backstroke	FINAL
Male 15	100m Backstroke	FINAL
Male 16+	100m Backstroke	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
Male 10/11	100m Breaststroke	FINAL
Male 12	100m Breaststroke	FINAL
Male 13	100m Breaststroke	FINAL
Male 14	100m Breaststroke	FINAL
Male 15	100m Breaststroke	FINAL
Male 16+	100m Breaststroke	FINAL

SUNDAY 12th JANUARY 2020

SESSION 3 : Warm up 08:30 Start 09:20

Male	200m Individual Medley	TIMED FINAL
Female	200m Individual Medley	TIMED FINAL

BREAK

SESSION 4 : Warm up t.b.c.

Male	100m Butterfly	HEATS
Female	100m Backstroke	HEATS
Male	100m Freestyle	HEATS
Female	100m Breaststroke	HEATS

BREAK

SESSION 5 : Warm up t.b.c.

Male 10/11	100m Butterfly	FINAL
Male 12	100m Butterfly	FINAL
Male 13	100m Butterfly	FINAL
Male 14	100m Butterfly	FINAL
Male 15	100m Butterfly	FINAL
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
Male 10/11	100m Freestyle	FINAL
Male 12	100m Freestyle	FINAL
Male 13	100m Freestyle	FINAL
Male 14	100m Freestyle	FINAL
Male 15	100m Freestyle	FINAL
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

BREAK

SESSION 6 : Warm up t.b.c.

Male	400 Freestyle	TIMED FINAL
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MIDWEEK 1

TUESDAY 14th JANUARY 2020

SESSION 7 : Warm up 18:30 Start 19:00

Mixed	800m Freestyle	TIMED FINAL
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WEEKEND 2

SATURDAY 18th JANUARY 2020

SESSION 8 : Warm up 14:00 Start 14:50

Male	50m Breaststroke	HEATS
Female	50m Backstroke	HEATS
Male	50m Freestyle	HEATS
Female	50m Freestyle	HEATS
Male	200m Freestyle	TIMED FINAL
Female	200m Breaststroke	TIMED FINAL

BREAK

SESSION 9 : Warm up t.b.c.

Male 10/11	50m Breaststroke	FINAL
Male 12	50m Breaststroke	FINAL
Male 13	50m Breaststroke	FINAL
Male 14	50m Breaststroke	FINAL
Male 15	50m Breaststroke	FINAL
Male 16+	50m Breaststroke	FINAL
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

SUNDAY 19th JANUARY 2020

SESSION 10 : Warm up 08:30 Start 09:10

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
Male 10/11	50m Freestyle	FINAL
Male 12	50m Freestyle	FINAL
Male 13	50m Freestyle	FINAL
Male 14	50m Freestyle	FINAL
Male 15	50m Freestyle	FINAL
Male 16+	50m Freestyle	FINAL

BREAK

SESSION 11 : Warm up t.b.c.

Female	50m Breaststroke	HEATS
Male	50m Butterfly	HEATS
Female	100m Individual Medley	HEATS
Male	100m Individual Medley	HEATS
Female	200m Freestyle	TIMED FINAL
Male	200m Breaststroke	TIMED FINAL

BREAK

SESSION 12 : Warm up t.b.c.

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
Male 10/11	50m Butterfly	FINAL
Male 12	50m Butterfly	FINAL
Male 13	50m Butterfly	FINAL
Male 14	50m Butterfly	FINAL
Male 15	50m Butterfly	FINAL
Male 16+	50m Butterfly	FINAL
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
Male 10/11	100m Individual Medley	FINAL
Male 12	100m Individual Medley	FINAL
Male 13	100m Individual Medley	FINAL
Male 14	100m Individual Medley	FINAL
Male 15	100m Individual Medley	FINAL
Male 16+	100m Individual Medley	FINAL

BREAK

SESSION 13 : Warm up t.b.c.

Female	400m Freestyle	TIMED FINAL
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MIDWEEK 2

TUESDAY 21st JANUARY 2020

SESSION 14 : Warm up 18:30 Start 19:00

Mixed	1500m Freestyle	TIMED FINAL
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WEEKEND 3

SATURDAY 25th JANUARY 2020

SESSION 15 : Warm up 14:00 Start 14:50

Female	50m Butterfly	HEATS
Male	50m Backstroke	HEATS
Female	200m Backstroke	TIMED FINAL
Male	200m Butterfly	TIMED FINAL

BREAK

SESSION 16 : Warm up t.b.c.

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
Male 10/11	50m Backstroke	FINAL
Male 12	50m Backstroke	FINAL
Male 13	50m Backstroke	FINAL
Male 14	50m Backstroke	FINAL
Male 15	50m Backstroke	FINAL
Male 16+	50m Backstroke	FINAL

BREAK

SESSION 17 : Warm up t.b.c.

Female	200m Butterfly	TIMED FINAL
Male	200m Backstroke	TIMED FINAL

SUNDAY 26th JANUARY 2020

SESSION 18 : Warm up 08:30 Start 09:20

Female	400m Individual Medley	TIMED FINAL
Male	400m Individual Medley	TIMED FINAL

BREAK

SESSION 19 : Warm up t.b.c.

Mixed	Age Group Medley	TIMED FINAL
Mixed	Junior Championship Freestyle	TIMED FINAL
Mixed	Championship Medley	TIMED FINAL
Mixed	Age Group Freestyle	TIMED FINAL
Mixed	Junior Championship Medley	TIMED FINAL
Mixed	Championship Freestyle	TIMED FINAL

BREAK

SESSION 20 : Warm up t.b.c.

Female	Age Group Medley	TIMED FINAL
Male	Age Group Medley	TIMED FINAL
Female	Junior Championship Freestyle	TIMED FINAL
Male	Junior Championship Freestyle	TIMED FINAL
Female	Championship Medley	TIMED FINAL
Male	Championship Medley	TIMED FINAL

BREAK

SESSION 21 : Warm up t.b.c.

Female	Age Group Freestyle	TIMED FINAL
Male	Age Group Freestyle	TIMED FINAL
Female	Junior Championship Medley	TIMED FINAL
Male	Junior Championship Medley	TIMED FINAL
Female	Championship Freestyle	TIMED FINAL
Male	Championship Freestyle	TIMED FINAL