



**WEEKEND 1**

**SATURDAY 11th JANUARY 2025**

**SESSION 1 : Warm up tbc**

Mixed 800m Freestyle TIMED FINALS

**WEEKEND 2**

**SATURDAY 18th JANUARY 2025**

**SESSION 2 : Warm up tbc Start tbc**

Female	400m Freestyle	TIMED FINALS
Male	400m Individual Medley	TIMED FINALS
	<Warm Ups>	
Female	100m Butterfly	HEATS
Male	100m Backstroke	HEATS
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

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

Female	100m Backstroke	HEATS
Male	100m Butterfly	HEATS
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 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
	<Warm Ups>	

Mixed 10-12	200m Medley Relay	TIMED FINALS
Open 10-12	200m Freestyle Relay	TIMED FINALS
Female 10-12	200m Medley Relay	TIMED FINALS
Mixed 10-12	200m Freestyle Relay	TIMED FINALS
Open 10-12	200m Medley Relay	TIMED FINALS
Female 10-12	200m Freestyle Relay	TIMED FINALS

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

Female	200m Individual Medley	TIMED FINALS
Male	200m Individual Medley	TIMED FINALS
Female	200m Individual Medley	CHMP FINAL
Male	200m Individual Medley	CHMP FINAL
	<Warm Ups>	
Mixed 10-15	200m Medley Relay	TIMED FINALS
Open 10-15	200m Freestyle Relay	TIMED FINALS
Female 10-15	200m Medley Relay	TIMED FINALS
Mixed 10-15	200m Freestyle Relay	TIMED FINALS
Open 10-15	200m Medley Relay	TIMED FINALS
Female 10-15	200m Freestyle Relay	TIMED FINALS

**SUNDAY 19th JANUARY 2025**

**SESSION 5 : Warm up tbc**

Female	400m Individual Medley	TIMED FINALS
Male	400m Freestyle	TIMED FINALS
	<Warm Ups>	
Female	100m Breaststroke	HEATS
Male	100m Freestyle	HEATS
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
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

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

Female	100m Freestyle	HEATS
Male	100m Breaststroke	HEATS
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

**WEEKEND 3**

**SATURDAY 25th JANUARY 2025**

**SESSION 7 : Warm uptbc Start tbc**

Female	50m Breaststroke	HEATS
Male	50m Individual Medley	HEATS
Female	200m Freestyle	TIMED FINALS
Male	200m Freestyle	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
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	200m Freestyle	CHMP FINAL
Male	200m Freestyle	CHMP FINAL

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

Female	50m Backstroke	HEATS
Male	50m Backstroke	HEATS
Female	200m Breaststroke	TIMED FINALS
Male	200m Breaststroke	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
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
Female	200m Breaststroke	CHMP FINAL
Male	200m Breaststroke	CHMP FINAL

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

Female	50m Freestyle	HEATS
Male	50m Freestyle	HEATS
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
	<Warm Ups>	
Mixed 10&over	200m Medley Relay	TIMED FINALS
Open 10&over	200m Freestyle Relay	TIMED FINALS
Female 10&over	200m Medley Relay	TIMED FINALS
Mixed 10&over	200m Freestyle Relay	TIMED FINALS
Open 10&over	200m Medley Relay	TIMED FINALS
Female 10&over	200m Freestyle Relay	TIMED FINALS

**SUNDAY 26th JANUARY 2025**

**SESSION 10 : Warm up tbc Start tbc**

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

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

Female	100m Individual Medley	HEATS
Male	100m Individual Medley	HEATS
Female	200m Butterfly	TIMED FINAL
Male	200m Butterfly	TIMED 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
Female	200m Butterfly	CHMP FINAL
Male	200m Butterfly	CHMP FINAL