

## WEEKEND 1

| SATURDAY 10th January   |                              |              |
|-------------------------|------------------------------|--------------|
| SESSION 1 : Warm up tbc |                              |              |
| Open                    | 10-13 4x50m Freestyle Relays | TIMED FINALS |
| Female                  | 10-13 4x5m Medley Relays     | TIMED FINALS |
| Mixed                   | Jnr Champs 4x50m Free Relays | TIMED FINALS |
| Mixed                   | 800m Freestyle               | TIMED FINALS |

## WEEKEND 2

| SATURDAY 17th January             |                 |              |
|-----------------------------------|-----------------|--------------|
| SESSION 2 : Warm up tbc Start tbc |                 |              |
| Open                              | 400m Freestyle  | TIMED FINALS |
| Female                            | 400m Freestyle  | TIMED FINALS |
|                                   | <Warm Up>       |              |
| Open                              | 100m Backstroke | HEATS        |
| Female                            | 100m Butterfly  | HEATS        |
| Open 10/11                        | 100m Backstroke | FINAL        |
| Open 12                           | 100m Backstroke | FINAL        |
| Open 13                           | 100m Backstroke | FINAL        |
| Open 14                           | 100m Backstroke | FINAL        |
| Open 15                           | 100m Backstroke | FINAL        |
| Open 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         | 100m Butterfly       | HEATS        |
| Female       | 100m Backstroke      | HEATS        |
| Open 10/11   | 100m Butterfly       | FINAL        |
| Open 12      | 100m Butterfly       | FINAL        |
| Open 13      | 100m Butterfly       | FINAL        |
| Open 14      | 100m Butterfly       | FINAL        |
| Open 15      | 100m Butterfly       | FINAL        |
| Open 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        |
| Open 10-13   | 200m Medley Relay    | TIMED FINALS |
| Female 10-13 | 200m Freestyle Relay | TIMED FINALS |
| Mixed 10-15  | 200m Medley Relay    | TIMED FINALS |

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

|        |                        |              |
|--------|------------------------|--------------|
| Open   | 200m Individual Medley | TIMED FINALS |
| Female | 200m Individual Medley | TIMED FINALS |
| Open   | 200m Individual Medley | CHMP FINAL   |
| Female | 200m Individual Medley | CHMP FINAL   |

## SUNDAY 18th January

### SESSION 5 : Warm up tbc

|              |                        |              |
|--------------|------------------------|--------------|
| Open         | 400m Individual Medley | TIMED FINALS |
| Female       | 400m Individual Medley | TIMED FINALS |
|              | <Warm Up>              |              |
| Open         | 100m Freestyle         | HEATS        |
| Female       | 100m Breaststroke      | HEATS        |
| Open 10/11   | 100m Freestyle         | FINAL        |
| Open 12      | 100m Freestyle         | FINAL        |
| Open 13      | 100m Freestyle         | FINAL        |
| Open 14      | 100m Freestyle         | FINAL        |
| Open 15      | 100m Freestyle         | FINAL        |
| Open 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             | 100m Breaststroke  | HEATS        |
| Female           | 100m Freestyle     | HEATS        |
| Open 10/11       | 100m Breaststroke  | FINAL        |
| Open 12          | 100m Breaststroke  | FINAL        |
| Open 13          | 100m Breaststroke  | FINAL        |
| Open 14          | 100m Breaststroke  | FINAL        |
| Open 15          | 100m Breaststroke  | FINAL        |
| Open 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        |
| Mixed 10-13      | 200m Medley Relays | TIMED FINALS |
| Open 10 & Over   | 200m Medley Relays | TIMED FINALS |
| Female 10 & Over | 200m Medley Relays | TIMED FINALS |

## WEEKEND 3

| SATURDAY 24th January            |                       |              |
|----------------------------------|-----------------------|--------------|
| SESSION 7 : Warm uptbc Start tbc |                       |              |
| Female                           | 50m Freestyle         | HEATS        |
| Open                             | 50m Breaststroke      | HEATS        |
| Female                           | 200m Butterfly        | TIMED FINALS |
| Open                             | 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 10/11                       | 50m Breaststroke      | FINAL        |
| Open 12                          | 50m Breaststroke      | FINAL        |
| Open 13                          | 50m Breaststroke      | FINAL        |
| Open 14                          | 50m Breaststroke      | FINAL        |
| Open 15                          | 50m Breaststroke      | FINAL        |
| Open 16+                         | 50m Breaststroke      | FINAL        |
| Female                           | 200m Butterfly        | CHMP FINAL   |
| Open                             | 200m Backstroke       | CHMP FINAL   |
| Mixed 10-13                      | 200m Freestyle Relays | TIMED FINALS |
| Female 10-15                     | 200m Freestyle Relays | TIMED FINALS |
| Open 10-15                       | 200m Medley Relays    | TIMED FINALS |

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

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

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

|                 |                       |              |
|-----------------|-----------------------|--------------|
| Female          | 50m Breaststroke      | HEATS        |
| Open            | 50m Backstroke        | HEATS        |
| Female          | 200m Freestyle        | TIMED FINALS |
| Open            | 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 10/11      | 50m Backstroke        | FINAL        |
| Open 12         | 50m Backstroke        | FINAL        |
| Open 13         | 50m Backstroke        | FINAL        |
| Open 14         | 50m Backstroke        | FINAL        |
| Open 15         | 50m Backstroke        | FINAL        |
| Open 16+        | 50m Backstroke        | FINAL        |
| Female          | 200m Freestyle        | CHMP FINAL   |
| Open            | 200m Breaststroke     | CHMP FINAL   |
| Mixed 10 & over | 200m Freestyle Relays | TIMED FINALS |

## Sunday 25th January

### SESSION 10 : Warm up tbc Start tbc

|                 |                    |              |
|-----------------|--------------------|--------------|
| Female          | 50m Butterfly      | HEATS        |
| Open            | 50m Backstroke     | HEATS        |
| Female          | 200m Backstroke    | TIMED FINALS |
| Open            | 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 10/11      | 50m Backstroke     | FINAL        |
| Open 12         | 50m Backstroke     | FINAL        |
| Open 13         | 50m Backstroke     | FINAL        |
| Open 14         | 50m Backstroke     | FINAL        |
| Open 15         | 50m Backstroke     | FINAL        |
| Open 16+        | 50m Backstroke     | FINAL        |
| Female          | 200m Backstroke    | CHMP FINAL   |
| Open            | 200m Butterfly     | CHMP FINAL   |
| Mixed 10 & over | 200m Medley Relays | TIMED FINALS |

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

|              |                        |             |
|--------------|------------------------|-------------|
| Female       | 100m Individual Medley | HEATS       |
| Open         | 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 10/11   | 100m Individual Medley | FINAL       |
| Open 12      | 100m Individual Medley | FINAL       |
| Open 13      | 100m Individual Medley | FINAL       |
| Open 14      | 100m Individual Medley | FINAL       |
| Open 15      | 100m Individual Medley | FINAL       |
| Open 16+     | 100m Individual Medley | FINAL       |
| Female       | 200m Freestyle Relays  | TIMED FINAL |
| Open         | 200m Freestyle Relays  | TIMED FINAL |