



Session One

Saturday 18 January – W/U 18:00 Start 18:30

Mixed 1500m Freestyle TF

Session Two

Friday 24 January – W/U 18:00 Start 18:30

Mixed 800m Freestyle TF

Session Three

Saturday 25 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 25 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

Open/Male 50m Freestyle Finals

Female 100m Butterfly Finals

Open/Male 10&11 4x50m Med Team TF

Female 10&11 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 Team TF

Open/Male Open 4x50m Med Team TF

Female Open 4x50m Med Team TF

Session Five

Sunday 26 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

Female 100m Breaststroke Finals

Open/Male 50m Backstroke Finals

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 26 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 1 February – W/U 08:25 Start 09.30

Female 200m Freestyle TF

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 1 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 50m Breaststroke Finals

Open/Male 100m Butterfly Finals

Female 10&11 4x50m Free Team TF

Open/Male 10&11 4x50m Free Team TF

Female 12&13 4x50m Free Team TF

Open/Male 12&13 4x50m Free Team TF

Female 14&15 4x50m Free Team TF

Open/Male 14&15 4x50m Free Team TF

Female Open 4x50m Free Team TF

Open/Male Open 4x50m Free Team TF

Session Nine

Sunday 2 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&11 4x50m Med Team TF

Mixed 12&13 4x50m Med Team TF

Mixed 14&15 4x50m Med Team TF

Mixed Open 4x50m Med Team TF

Session Ten

Sunday 2 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 Team TF

Female Open 4x100m Free 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