



# PROGRAMME OF EVENTS



Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 1: FRIDAY EVENING January 8th</b>					
				<b>Warm up 1830hrs</b>	<b>Start 1900hrs</b>
101	Freestyle	800	Girls	10/11 12/13 14/15 16+	HDW
102	Freestyle	800	Boys	10/11 12/13 14/15 16+	HDW
103	Freestyle	1500	Girls	10/11 12/13 14/15 16+	HDW
104	Freestyle	1500	Boys	10/11 12/13 14/15 16+	HDW

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 2: SATURDAY MORNING January 9th</b>					
				<b>Warm up 0830hrs</b>	<b>Start 0930hrs</b>
205	Butterfly	200	Boys	9 10/11 12/13 14/15 16+	HDW
206	Breaststroke	100	Girls	10/11 12/13 14/15 16+	Heats
207	Backstroke	100	Boys	10/11 12/13 14/15 16+	Heats
208	Backstroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
209	Breaststroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
210	Breaststroke	100	Girls	10/11	Final
211	Breaststroke	100	Girls	12/13	Final
212	Breaststroke	100	Girls	14/15	Final
213	Breaststroke	100	Girls	16+	Final
214	Backstroke	100	Boys	10/11	Final
215	Backstroke	100	Boys	12/13	Final
216	Backstroke	100	Boys	14/15	Final
217	Backstroke	100	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 3: SATURDAY MORNING January 9th</b>					
				<b>Warm up TBC</b>	<b>Start TBC</b>
318	Freestyle	400	Girls	10/11 12/13 14/15 16+	HDW
319	Ind Medley	400	Boys	10/11 12/13 14/15 16+	HDW
320	Freestyle	50	Girls	9 10/11 12/13 14/15 16+	Heats
321	Freestyle	50	Girls	9	Final
322	Freestyle	50	Girls	10/11	Final
323	Freestyle	50	Girls	12/13	Final
324	Freestyle	50	Girls	14/15	Final
325	Freestyle	50	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 4: SATURDAY AFTERNOON January 9th</b>					
				<b>Warm up TBC</b>	<b>Start TBC</b>
426	Butterfly	100	Boys	10/11 12/13 14/15 16+	Heats
427	Ind Medley	200	Girls	9 10/11 12/13 14/15 16+	HDW
428	Freestyle	100	Boys	10/11 12/13 14/15 16+	Heat
429	Butterfly	200	Girls	9 10/11 12/13 14/15 16+	HDW
430	Butterfly	100	Boys	10/11	Final
431	Butterfly	100	Boys	12/13	Final
432	Butterfly	100	Boys	14/15	Final
433	Butterfly	100	Boys	16 +	Final
434	Freestyle	100	Boys	10/11	Final
435	Freestyle	100	Boys	12/13	Final
436	Freestyle	100	Boys	14/15	Final
437	Freestyle	100	Boys	16 +	Final
438	Stroke TBA	50	Girls	10-13	Skins
439	Stroke TBA	50	Girls	14+	Skins

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 5: SUNDAY MORNING January 10th</b>					
				<b>Warm up 0830hrs</b>	<b>Start 0930hrs</b>
540	Breaststroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
541	Breaststroke	100	Boys	10/11 12/13 14/15 16+	Heats
542	Butterfly	100	Girls	10/11 12/13 14/15 16+	Heats
543	Backstroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
544	Freestyle	200	Girls	9 10/11 12/13 14/15 16+	HDW
545	Breaststroke	100	Boys	10/11	Final
546	Breaststroke	100	Boys	12/13	Final
547	Breaststroke	100	Boys	14/15	Final
548	Breaststroke	100	Boys	16+	Final
549	Butterfly	100	Girls	10/11	Final
550	Butterfly	100	Girls	12/13	Final
551	Butterfly	100	Girls	14/15	Final
552	Butterfly	100	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 6: SUNDAY January 10th</b>					
				<b>TBC</b>	<b>Start TBC</b>
653	Freestyle	400	Boys	10/11 12/13 14/15 16+	HDW
654	Ind Medley	400	Girls	10/11 12/13 14/15 16+	HDW
655	Freestyle	50	Boys	9 10/11 12/13 14/15 16+	Heats
656	Freestyle	50	Boys	9	Final
657	Freestyle	50	Boys	10/11	Final
658	Freestyle	50	Boys	12/13	Final
659	Freestyle	50	Boys	14/15	Final
660	Freestyle	50	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
<b>SESSION 7: SUNDAY AFTERNOON January 10th</b>					
				<b>Warm up TBC</b>	<b>Start TBC</b>
761	Freestyle	100	Girls	10/11 12/13 14/15 16+	Heats
762	Ind Medley	200	Boys	9 10/11 12/13 14/15 16+	HDW
763	Backstroke	100	Girls	10/11 12/13 14/15 16+	Heats
764	Freestyle	200	Boys	9 10/11 12/13 14/15 16+	HDW
765	Freestyle	100	Girls	10/11	Final
766	Freestyle	100	Girls	12/13	Final
767	Freestyle	100	Girls	14/15	Final
768	Freestyle	100	Girls	16+	Final
769	Backstroke	100	Girls	10/11	Final
770	Backstroke	100	Girls	12/13	Final
771	Backstroke	100	Girls	14/15	Final
772	Backstroke	100	Girls	16+	Final
773	Stroke TBA	50	Boys	10-13	Skins
774	Stroke TBA	50	Boys	14+	Skins