



Day 1 – Tuesday 1 Oct				Day 2 – Wednesday 2 Oct				Day 3 – Thursday 3 Oct				Day 4 – Friday 4 Oct				Day 5 – Saturday 5 Oct			
Session 1 - Heats				Session 3 – Heats				Session 5 - Heats				Session 7 - Heats				Session 9 - Heats			
Warm Up 7.15am   8.30am Start				Warm Up 7.15am   8.30am Start				Warm Up 7.15am   8.30am Start				Warm Up 7.15am   8.30am Start				Warm Up 7.15am   8.30am Start			
1	200m Free	M	13&O	11	200m IM	M	13&O	18	100m IM	M	13&O	27	400m IM	F	13&O	37	100m Free	M	13&O
2	200m Free	F	13&O	12	200m IM	F	13&O	19	100m IM	F	13&O	28	200m Back	M	13&O	38	100m Free	F	13&O
3	100m Breast	M	13&O	13	100m Back	M	13&O	20	50m Free	M	13&O	29	200m Back	F	13&O	39	200m Fly	M	13&O
4	100m Breast	F	13&O	14	100m Back	F	13&O	21	50m Free	F	13&O	30	100m Fly	M	13&O	40	200m Fly	F	13&O
5	50m Fly	M	13&O	15	50m Breast	M	13&O	22	200m Breast	M	13&O	31	100m Fly	F	13&O	41	50m Back	M	13&O
6	50m Fly	F	13&O	16	50m Breast	F	13&O	23	200m Breast	F	13&O	32	800m Free	F	13&O	42	50m Back	F	13&O
7	400m IM	M	13&O	17	400m Free	F	13&O	24	400m Free	M	13&O	33	150m IM	M	Para	43	1500m Free	M	13&O
8	800 Free	M	13&O					25	4x50 MED CR	F	Open	34	150m IM	F	Para	44	1500m Free	F	13&O
9	4x100 FR CR	F	Open					26	4x50 MED CR	M	Open	35	4x50 FR CR	M	Open	45	4x100 M CR	F	Open
10	4x100 FR CR	M	Open									36	4x50 FR CR	F	Open	46	4x100 M CR	M	Open
Session 2 - Finals				Session 4 - Finals				Session 6 - Finals				Session 8 - Finals				Session 10 - Finals			
Warm Up 3.50pm   5pm Start				Warm Up 3.50pm   5pm Start				Warm Up 3.50pm   5pm Start				Warm Up 3.50pm   5pm Start				Warm Up 3.50pm   5pm Start			
101	200m Free	M	Open Para	111	200m IM	M	Open Para	118	100m IM	M	Open Para	127	400m IM	F	Open	137	100m Free	M	Open Para
201	200m Free	F	Open Para	211	200m IM	F	Open Para	218	100m IM	F	Open Para	227	200m Back	M	Open	237	100m Free	F	Open Para
102	200m Free	M	Open Para	112	100m Back	M	Open Para	119	50m Free	M	Open Para	128	200m Back	F	Open	138	200m Fly	M	Open
202	200m Free	F	Open Para	212	100m Back	F	Open Para	219	50m Free	F	Open Para	129	200m Back	M	Open	238	200m Fly	F	Open
103	100m Breast	M	Open Para	113	100m Back	M	Open Para	120	200m Breast	M	Open	130	100m Fly	M	Open Para	139	50m Back	M	Open
203	100m Breast	F	Open Para	213	100m Back	F	Open Para	220	200m Breast	F	Open	230	100m Fly	F	Open Para	240	50m Back	F	Open
104	100m Breast	M	Open Para	114	50m Breast	M	Open Para	121	200m Breast	M	Open	131	150m IM	M	Para	141	1500m Free (FTF)	M	Open
204	100m Breast	F	Open Para	214	50m Breast	F	Open Para	221	200m Breast	F	Open	231	150m IM	F	Para	241	1500m Free (FTF)	F	Open
105	50m Fly	M	Open Para	115	400m Free	F	Open Para	122	400m Free	M	Open Para	233	800m Free (FTF)	F	Open	142	4x100 M CR	F	Open
205	50m Fly	F	Open Para	215	400m Free	F	Open Para	224	400m Free	M	Open Para	234	4x100 M CR	M	Open	242	4x100 M CR	M	Open
106	50m Fly	M	Open Para	116				123				32				43			
206	50m Fly	F	Open Para	216				223				33				44			
107	400m IM	M	Open Para	117				224				34				45			
8	800 Free (FTF)	M	Open	117				25	4x50 MED CR	F	Open	35	4x50 FR CR	M	Open	44	1500m Free (FTF)	F	Open
9	4x100 FR CR	F	Open	217				26	4x50 MED CR	M	Open	36	4x50 FR CR	F	Open	45	4x100 M CR	F	Open
10	4x100 FR CR	M	Open													46	4x100 M CR	M	Open