

Day 1 - Sun 18 th March			Day 2 - Mon 19 th March			Day 3 - Tues 20 th March			Day 4 - Wed 21 st March		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm-up 7.30 - 8.50am Start 9am			Warm-up 7.30 - 8.50am Start 9am			Warm-up 7.30 - 8.50am Start 9am			Warm-up 7.30 - 8.50am Start 9am		
1	200m Back	M 12-18 years	12	200m IM	M 12-18 years	22	800m Free (TF)	F 12-18 years	33	1500m Free (TF)	M 12-18 years
2	200m Back	F 12-18 years	13	200m IM	F 12-18 years	23	200m Fly	M 12-18 years	34	100m Fly	F 12-18 years
3	100m Breast	M 12-18 years	14	100m Back	M 12-18 years	24	200m Fly	F 12-18 years	35	200m Breast	M 12-18 years
4	100m Breast	F 12-18 years	15	100m Back	F 12-18 years	25	100m Free	M 12-18 years	36	200m Breast	F 12-18 years
5	50m Fly	M 12-18 years	16	50m Breast	M 12-18 years	26	100m Free	F 12-18 years	37	100m Fly	M 12-18 years
6	50m Fly	F 12-18 years	17	50m Breast	F 12-18 years	27	50m Back	M 12-18 years	38	50m Free	F 12-18 years
7	400m Free (TF)	M 12-18 years	18	200m Free	M 12-18 years	28	50m Back	F 12-18 years	39	50m Free	M 12-18 years
8	400m Free (TF)	F 12-18 years	19	200m Free	F 12-18 years	29	400m IM (TF)	M 12-18 years	40	400m IM (TF)	F 12-18 years
9	100m IM	M 12-18 years				30	100m IM	F 12-18 years			
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm-up 4.30 - 5.30pm Start 6pm			Warm-up 4.30 - 5.50pm Start 6pm			Warm-up 4.30 - 5.50pm Start 6pm			Warm-up 4.30 - 5.50pm Start 6pm		
1	200m Back	M 12-13 years M 14 years M 15 years M 16 & Over	12	200m IM	M 12-13 years M 14 years M 15 years M 16 & Over	22	800m Free (FTF)	F 12-18 years	33	1500m Free (FTF)	M 12-18 years
2	200m Back	F 12-13 years F 14 years F 15 years F 16 & Over	13	200m IM	F 12-13 years F 14 years F 15 years F 16 & Over	23	200m Fly	M 12-13 years M 14 years M 15 years M 16 & Over	34	100m Fly	F 12-13 years F 14 years F 15 years F 16 & Over
3	100m Breast	M 12-13 years M 14 years M 15 years M 16 & Over	14	100m Back	M 12-13 years M 14 years M 15 years M 16 & Over	24	200m Fly	F 12-13 years F 14 years F 15 years F 16 & Over	35	200m Breast	M 12-13 years M 14 years M 15 years M 16 & Over
4	100m Breast	F 12-13 years F 14 years F 15 years F 16 & Over	15	100m Back	F 12-13 years F 14 years F 15 years F 16 & Over	25	100m Free	M 12-13 years M 14 years M 15 years M 16 & Over	36	200m Breast	F 12-13 years F 14 years F 15 years F 16 & Over
5	50m Fly	M 12-13 years M 14 years M 15 years M 16 & Over	16	50m Breast	M 12-13 years M 14 years M 15 years M 16 & Over	26	100m Free	F 12-13 years F 14 years F 15 years F 16 & Over	37	100m Fly	M 12-13 years M 14 years M 15 years M 16 & Over
6	50m Fly	F 12-13 years F 14 years F 15 years F 16 & Over	17	50m Breast	F 12-13 years F 14 years F 15 years F 16 & Over	27	50m Back	M 12-13 years M 14 years M 15 years M 16 & Over	38	50m Free	F 12-13 years F 14 years F 15 years F 16 & Over
7	400m Free (FTF)	M 12-18 years	18	200m Free	M 12-13 years M 14 years M 15 years M 16 & Over	28	50m Back	F 12-13 years F 14 years F 15 years F 16 & Over	39	50m Free	M 12-13 years M 14 years M 15 years M 16 & Over
8	400m Free (FTF)	F 12-18 years				29	400m IM (FTF)	M 12-18 years	40	400m IM (FTF)	F 12-18 years
9	100 IM	M 12-13 years M 14 years M 15 years M 16 & Over	19	200m Free	F 12-13 years F 14 years F 15 years F 16 & Over	30	100 IM	F 12-13 years F 14 years F 15 years F 16 & Over	41	4 x 50 Fr CR	M 18 & Under
10	4x100m Free CR	M 18 & Under	20	4x50m Medley CR	M 18 & Under	31	4x100m Medley CR	F 18 & Under	42	4 x 50 Fr CR	F 18 & Under
11	4x100m Free CR	F 18 & Under	21	4x50m Medley CR	F 18 & Under	32	4x100m Medley CR	M 18 & Under	43	8 x 50 Fr ZR	1 x M & 1 x F of each age group