

WEEKEND 1

SATURDAY 19th JANUARY 2019

SESSION 1 : Warm up 08:30 Start 09:30

Female	100m Butterfly	HEATS
Male	100m Backstroke	HEATS

30 minute interval

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
Male 10/11	100m Backstroke	FINAL
Male 12	100m Backstroke	FINAL
Male 13	100m Backstroke	FINAL
Male 14	100m Backstroke	FINAL
Male 15	100m Backstroke	FINAL
Male 16+	100m Backstroke	FINAL

SESSION 2 : Warm up t.b.c. Start t.b.c.

Female	100m Backstroke	HEATS
Male	100m Butterfly	HEATS

30 minute break

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
Male 10/11	100m Butterfly	FINAL
Male 12	100m Butterfly	FINAL
Male 13	100m Butterfly	FINAL
Male 14	100m Butterfly	FINAL
Male 15	100m Butterfly	FINAL
Male 16+	100m Butterfly	FINAL

SESSION 3 : Warm up t.b.c. Start t.b.c.

Female	200 Individual Medley	TIMED FINALS
Male	200 Individual Medley	TIMED FINALS

WEEKEND 2

SATURDAY 26th JANUARY 2019

SESSION 6 : Warm up 08:30 Start 09:30

Male	50m Breaststroke	HEATS
Female	50m Breaststroke	HEATS
Male	200m Freestyle	TIMED FINALS
Female	200m Freestyle	TIMED FINALS

Male 10/11	50m Breaststroke	FINAL
Male 12	50m Breaststroke	FINAL
Male 13	50m Breaststroke	FINAL
Male 14	50m Breaststroke	FINAL
Male 15	50m Breaststroke	FINAL
Male 16+	50m Breaststroke	FINAL
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

SESSION 7 : Warm up t.b.a. Start t.b.a

Male	50m Backstroke	HEATS
Female	50m Backstroke	HEATS
Male	200m Breaststroke	TIMED FINALS
Female	200m Breaststroke	TIMED FINALS

Male 10/11	50m Backstroke	FINAL
Male 12	50m Backstroke	FINAL
Male 13	50m Backstroke	FINAL
Male 14	50m Backstroke	FINAL
Male 15	50m Backstroke	FINAL
Male 16+	50m Backstroke	FINAL
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

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

Male	50m Freestyle	HEATS
Female	50m Freestyle	HEATS

Male 10/11	50m Freestyle	FINAL
Male 12	50m Freestyle	FINAL
Male 13	50m Freestyle	FINAL
Male 14	50m Freestyle	FINAL
Male 15	50m Freestyle	FINAL
Male 16+	50m Freestyle	FINAL
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

WEEKEND 3

SATURDAY 2nd FEBRUARY 2019

SESSION 11 : Warm up 08:30 Start 09:30

Male	400m Freestyle	TIMED FINALS
Female	400m Freestyle	TIMED FINALS

SESSION 12 : Warm up t.b.a Start t.b.a

Male	400m Individual Medley	TIMED FINALS
Female	400m Individual Medley	TIMED FINALS

SESSION 13 : Warm up t.b.a Start t.b.a

MALE Warmup

Male	800m	TIMED FINALS
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FEMALE Warmup / MALE swimdown

Female	1500m	TIMED FINALS
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FEMALE swimdown

SUNDAY 20th JANUARY 2019

SESSION 4 : Warm up 08:30 Start 09:30

Male	100m Freestyle	HEATS
Female	100m Breaststroke	HEATS

30 minute break

Male 10/11	100m Freestyle	FINAL
Male 12	100m Freestyle	FINAL
Male 13	100m Freestyle	FINAL
Male 14	100m Freestyle	FINAL
Male 15	100m Freestyle	FINAL
Male 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 5 : Warm up t.b.a. Start t.b.a.

Male	100m Breaststroke	HEATS
Female	100m Freestyle	HEATS

30 minute break

Male 10/11	100m Breaststroke	FINAL
Male 12	100m Breaststroke	FINAL
Male 13	100m Breaststroke	FINAL
Male 14	100m Breaststroke	FINAL
Male 15	100m Breaststroke	FINAL
Male 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

SUNDAY 27th JANUARY 2019

SESSION 9 : Warm up 08:30 Start 09:30

Female	50m Butterfly	HEATS
Male	50m Butterfly	HEATS
Female	200m Backstroke	TIMED FINALS
Male	200m Backstroke	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
Male 10/11	50m Butterfly	FINAL
Male 12	50m Butterfly	FINAL
Male 13	50m Butterfly	FINAL
Male 14	50m Butterfly	FINAL
Male 15	50m Butterfly	FINAL
Male 16+	50m Butterfly	FINAL

SESSION 10 : Warm up t.b.a. Start t.b.a.

Female	100m Individual Medley	HEATS
Male	100m Individual Medley	HEATS
Female	200m Butterfly	TIMED FINAL
Male	200m Butterfly	TIMED FINAL

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
Male 10/11	100m Individual Medley	FINAL
Male 12	100m Individual Medley	FINAL
Male 13	100m Individual Medley	FINAL
Male 14	100m Individual Medley	FINAL
Male 15	100m Individual Medley	FINAL
Male 16+	100m Individual Medley	FINAL

SUNDAY 3rd FEBRUARY 2019

SESSION 14 : Warm up 08:30 Start 09:00

FEMALE Warmup

Female	800m Freestyle	TIMED FINALS
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MALE Warmup / FEMALE swimdown

Male	1500m Freestyle	TIMED FINALS
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MALE swimdown

SESSION 15 : Warm up t.b.a. Start t.b.a.

Female Under 14	4x50 Medley Relay	TIMED FINALS
Male Under 14	4x50 Medley Relay	TIMED FINALS
Female Under 14	4x50 Freestyle Relay	TIMED FINALS
Male Under 14	4x50 Freestyle Relay	TIMED FINALS

CLEAR GALLERY & Reopen doors

Female Jnr. Champs	4x50 Medley Relay	TIMED FINALS
Male Jnr. Champs.	4x50 Medley Relay	TIMED FINALS
Female Jnr. Champs.	4x50 Freestyle Relay	TIMED FINALS
Male Jnr. Champs.	4x50 Freestyle Relay	TIMED FINALS

CLEAR GALLERY & Reopen doors

Female Championships	4x50 Medley Relay	TIMED FINALS
Male Championships	4x50 Medley Relay	TIMED FINALS
Female Championships	4x50 Freestyle Relay	TIMED FINALS
Male Championships	4x50 Freestyle Relay	TIMED FINALS
EXHIBITION Open Mixed	4x50 Medley Relay	TIMED FINALS
EXHIBITION Open Mixed	4x50 Freestyle Relay	TIMED FINALS