Session 1 Saturday 28th November

	Warm Up 1:	13:15 (15 Mins)	Racing Times	
	Warm Up 2:	13:30 (15 Mins)	Start:	14:05
Event	Warm Up 3:	13:45 (15 Mins)	EST Finish:	16:45
1	Open/Male	Open	400m	Freestyle
2	Girls	Open	200m	Freestyle
3	Open/Male	Open	50m	Butterfly
4	Girls	Open	100m	Butterfly
5	Open/Male	Open	200m	Breaststroke
6	Girls	Open	200m	Individual Medley
7	Open/Male	Open	50m	Backstroke
8	Girls	Open	100m	Freestyle

Session 2 Saturday 28th November

	Warm Up 1:	17:15 (15 Mins) TBC	Racing Times	
	Warm Up 2:	17:30 (15 Mins) TBC	Start:	18:05 TBC
Event	Warm Up 3:	17:45 (15 Mins) TBC	EST Finish:	20:45
9	Girls	Open	400m	Individual Medley
10	Open/Male	Open	100m	Breaststroke
11	Girls	Open	50m	Breaststroke
12	Open/Male	Open	100m	Backstroke
13	Girls	Open	200m	Backstroke
14	Open/Male	Open	200m	Butterfly
15	Girls	Open	50m	Freestyle

Session 3 Sunday 29th November

	Warm Up 1:	08:30(15 Mins)	Racing Times	
	Warm Up 2:	08:45 (15 Mins)	Start:	09:20
Event	Warm Up 3:	09:00 (15 Mins)	EST Finish:	12:00
16	Girls	Open	400m	Freestyle
17	Open/Male	Open	200m	Freestyle
18	Girls	Open	50m	Butterfly
19	Open/Male	Open	100m	Butterfly
20	Girls	Open	200m	Breaststroke
21	Open/Male	Open	200m	Individual Medley
22	Girls	Open	50m	Backstroke
23	Open/Male	Open	100m	Freestyle

Session 4 Sunday 29th November

	Warm Up 1:	12:30 (15 Mins) TBC	Racing Times	
	Warm Up 2:	12:45 (15 Mins) TBC	Start:	13:20 TBC
Event	Warm Up 3:	13:00 (15 Mins) TBC	EST Finish:	16:00
24	Open/Male	Open	400m	Individual Medley
25	Girls	Open	100m	Breaststroke
26	Open/Male	Open	50m	Breaststroke
27	Girls	Open	100m	Backstroke
28	Open/Male	Open	200m	Backstroke
29	Girls	Open	200m	Butterfly
30	Open/Male	Open	50m	Freestyle