Session 1 Saturday 20th March

	Warm Up 1:	13:15 (15 Mins)	Race Times	
	Warm Up 2:	13:30 (15 Mins)	Start:	14:05
Event	Warm Up 3:	13:45 (15 Mins)	EST Finish:	16:15
1	Open/Male	Open	200m	Butterfly
2	Female	Open	100m	Backstroke
3	Open/Male	Open	100m	Breaststroke
4	Female	Open	50m	Butterfly
5	Open/Male	Open	200m	Freestyle
6	Female	Open	200m	Breaststroke
7	Open/Male	Open	50m	Backstroke
Break/warmup: 15 Mins - Race Start: 16:30 / EST Finish: 17:15				
8	Mixed	13 & Under	1500m	Freestyle

Session 2 Saturday 20th March

	Warm Up 1:	17:30 (15 Mins) TBC	Race Times	
	Warm Up 2:	17:45 (15 Mins) TBC	Start:	18:20 TBC
Event	Warm Up 3:	18:00 (15 Mins) TBC	EST Finish:	20:30
9	Female	Open	200m	Butterfly
10	Open/Male	Open	100m	Backstroke
11	Female	Open	100m	Breaststroke
12	Open/Male	Open	50m	Butterfly
13	Female	Open	200m	Freestyle
14	Open/Male	Open	200m	Breaststroke
15	Female	Open	50m	Backstroke
Break/warmup: 15 Mins - Race Start: 20:45 / EST Finish: 21:30				
16	Mixed	14 & Over	1500m	Freestyle

Session 3 Sunday 21st March

	Warm Up 1:	08:30 (15 Mins)	Race Times	
	Warm Up 2:	08:45 (15 Mins)	Start:	09:20
Event	Warm Up 3:	09:00 (15 Mins)	EST Finish:	11:30
17	Open/Male	Open	200m	Individual Medley
18	Female	Open	200m	Backstroke
19	Open/Male	Open	50m	Breaststroke
20	Female	Open	100m	Butterfly
21	Open/Male	Open	100m	Freestyle
22	Female	Open	50m	Freestyle
Break/warmup: 15 Mins - Race Start: 11:45/ EST Finish: 12:15				
23	Mixed	13 & Under	800m	Freestyle

Session 4 Sunday 21st March

	Warm Up 1:	12:45 (15 Mins) TBC	Race Times	
	Warm Up 2:	13:00 (15 Mins) TBC	Start:	13:35 TBC
Event	Warm Up 3:	13:15 (15 Mins) TBC	EST Finish:	15:45
24	Female	Open	200m	Individual Medley
25	Open/Male	Open	200m	Backstroke
26	Female	Open	50m	Breaststroke
27	Open/Male	Open	100m	Butterfly
28	Female	Open	100m	Freestyle
29	Open/Male	Open	50m	Freestyle
Break/warmup: 15 Mins - Race Start: 16:00/ EST Finish: 16:30				
30	Mixed	14 & Over	800m	Freestyle