

Saturday 22nd June 2019

- SESSION One
- WARM UP 8:10am
 - STARTS 9:00am
 - EVENTS 101 Girls 200m I.M. 102 Boys 50m Fly 103 Girls 50m Back 104 Boys 200m Back 105 Girls 100m Breast 106 Boys 100m Free
 - 107 Girls 200m Fly

- SESSION TWO
- WARM UP 12:40pm TBC
 - **STARTS** 1:30pm TBC
 - EVENTS 201 Boys 100m I.M. 202 Girls 200m Free 203 Boys 50m Free 204 Girls 100m Back 205 Boys 200m Breast 206 Girls 50m Breast 207 Boys 100m Fly

Sunday 23rd June 2019

SESSION	Three	SESSION	Four
WARM UP	8:10am	WARM UP	12:40pm TBC
STARTS	9:00am	STARTS	1:30pm TBC
EVENTS	301 Boys 200m I.M. 302 Girls 50m Fly 303 Boys 50m Back 304 Girls 200m Back 305 Boys 100m Breast 306 Girls 100m Free 307 Boys 200m Fly	EVENTS	401 Girls 100m I.M. 402 Boys 200m Free 403 Girls 50m Free 404 Boys 100m Back 405 Girls 200m Breast 406 Boys 50m Breast 407 Girls 100m Fly

AWARDING AGE GROUPS 9, 10, 11, 12, 13, 14 & Over.

Page 3 of 6

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