



Saturday 24 <sup>th</sup> September				Sunday 25 <sup>th</sup> September			
Session 1		Session 2		Session 3		Session 4	
Warm up 8.00 – 8.30pm, Start 8.35am		Warm-up 2.00 – 2.30pm, Start 2.35pm		Warm up 8.00 – 8.30pm, Start 8.35am		Warm-up 2.00 – 2.30pm, Start 2.35pm	
1	50 Free Boy	9	100 Free Girl	17	400 IM Boy	25	400 Free Girl
2	50 Free Girl	10	100 Free Boy	18	400 IM Girl	26	400 Free Boy
3	200 IM Boy	11	200 Fly Girl	19	50 Breast Boy	27	100 Breast Girl
4	200 IM Girl	12	200 Fly Boy	20	50 Breast Girl	28	100 Breast Boy
5	50 Back Boy	13	100 IM Girl	21	200 Free Boy	29	200 Back Girl
6	50 Back Girl	14	100 IM Boy	22	200 Free Girl	30	200 Back Boy
7	100 Fly Boy	15	200 Breast Girl	23	100 Back Boy	31	50 Fly Girl
8	100 Fly Girl	16	200 Breast Boy	24	100 Back Girl	32	50 Fly Boy

