



Programme of Events*

*Times are subject to change and will be confirmed once entries have closed.

Thursday 14 December		Friday 15 December	
Session One A Heats 9am POOL ONE		Session Three A Heats 9am POOL ONE	
FASTEST HEATS Open/Male 200m I.M. Female 200m Breaststroke Open/Male 50m Freestyle Female 50m Backstroke Open/Male 100m Butterfly Female 400m Freestyle Open/Male 100m Backstroke Female 50m Butterfly		FASTEST HEATS Female 200m I.M. Open/Male 100m Freestyle Female 100m Freestyle Open/Male 400m I.M. Female 200m Backstroke Open/Male 50m Breaststroke Female 100m Butterfly Open/Male 200m Butterfly	
Session One B Heats 11:30am (TBC) POOL ONE	Session One C Heats 11:30am (TBC) POOL TWO	Session Three B Heats 11:45am (TBC) POOL ONE	Session Three C Heats 11:45am (TBC) POOL TWO
SLOWER HEATS + MC Open/Male 200m I.M. Open/Male MC 50m Freestyle Open/Male 50m Freestyle Open/Male MC 50m Breaststroke Open/Male 100m Butterfly Open/Male MC 100m Breaststroke Open/Male 100m Backstroke	SLOWER HEATS + MC Female 200m Breaststroke Female MC 50m Backstroke Female 50m Backstroke Female MC 100m Backstroke Female 400m Freestyle Female MC 400m Freestyle Female 50m Butterfly	SLOWER HEATS + MC Female 200m I.M. Female MC 100m Freestyle Female 100m Freestyle Female MC 100m Butterfly Female 200m Backstroke Female 100m Butterfly Female MC 50m Butterfly	SLOWER HEATS + MC Open/Male 100m Freestyle Open/Male MC 100m Freestyle Open/Male 400m I.M. Open/Male MC 150m I.M. Open/Male 50m Breaststroke Open/Male MC 200m I.M. Open/Male 200m Butterfly
Session One D Heats 2pm (TBC) POOL ONE	Session One D Heats 2pm (TBC) POOL TWO	Session Three D Heats 2pm (TBC) POOL ONE	Session Three D Heats 2pm (TBC) POOL TWO
SLOWER HEATS Open/Male 800m Freestyle	SLOWER HEATS Open/Male 800m Freestyle	SLOWER HEATS Female 1500m Freestyle	SLOWER HEATS Female 1500m Freestyle
Session Two Finals 6pm		Session Four Finals 6pm	
Open/Male 800m Freestyle Fastest Heat MC Finals as required Open, Senior & Youth Finals of Open/Male 200m I.M. Female 200m Breaststroke Open/Male 50m Freestyle Female 50m Backstroke Open/Male 100m Butterfly Female 400m Freestyle Open/Male 100m Backstroke Female 50m Butterfly		Female 1500m Freestyle Fastest Heat MC Finals as required Open, Senior & Youth Finals of Female 200m I.M. Open/Male 100m Freestyle Female 100m Freestyle Open/Male 400m I.M. Female 200m Backstroke Open/Male 50m Breaststroke Female 100m Butterfly Open/Male 200m Butterfly	



Saturday 16 December		Sunday 17 December	
Session Five A Heats 9am POOL ONE		Session Seven A Heats 9am POOL ONE	
FASTEST HEATS Open/Male 100m Breaststroke Female 100m I.M. Open/Male 50m Butterfly Female 200m Freestyle Open/Male 200m Freestyle Female 50m Breaststroke Open/Male 200m Backstroke Female 200m Butterfly		FASTEST HEATS Female 400m I.M. Open/Male 400m Freestyle Female 100m Breaststroke Open/Male 50m Backstroke Female 50m Freestyle Open/Male 200m Breaststroke Female 100m Backstroke Open/Male 100m I.M.	
Session Five B Heats 11:45am (TBC) POOL ONE	Session Five C Heats 11:45am (TBC) POOL TWO	Session Seven B Heats 12noon (TBC) POOL ONE	Session Seven C Heats 12noon (TBC) POOL TWO
SLOWER HEATS + MC Open/Male 100m Breaststroke Open/Male MC 100m Butterfly Open/Male 50m Butterfly Open/Male MC 50m Butterfly Open/Male 200m Freestyle Open/Male MC 200m Freestyle Open/Male 200m Backstroke	SLOWER HEATS + MC Female 100m I.M. Female MC 200m I.M. Female 200m Freestyle Female MC 150m I.M. Female 50m Breaststroke Female MC 200m Freestyle Female 200m Butterfly	SLOWER HEATS + MC Female 400m I.M. Female 100m Breaststroke Female MC 100m Breaststroke Female MC 50m Breaststroke Female 50m Freestyle Female MC 50m Freestyle Female 100m Backstroke	SLOWER HEATS + MC Open/Male 400m Freestyle Open/Male MC 400m Freestyle Open/Male 200m Breaststroke Open/Male 50m Backstroke Open/Male MC 50m Backstroke Open/Male 100m I.M. Open/Male MC 100m Backstroke
Session Five D Heats 2pm (TBC) POOL ONE	Session Five D Heats 2pm (TBC) POOL TWO	Session Seven D Heats 2pm (TBC) POOL ONE	Session Seven D Heats 2pm (TBC) POOL TWO
SLOWER HEATS Open/Male 1500m Freestyle	SLOWER HEATS Open/Male 1500m Freestyle	SLOWER HEATS Female 800m Freestyle	SLOWER HEATS Female 800m Freestyle
Session Six Finals 6pm		Session Eight Finals 6pm	
Open/Male 1500m Freestyle Fastest Heat MC Finals as required Open, Senior & Youth Finals of Open/Male 100m Breaststroke Female 100m I.M. Open/Male 50m Butterfly Female 200m Freestyle Open/Male 200m Freestyle Female 50m Breaststroke Open/Male 200m Backstroke Female 200m Butterfly		Female 800m Freestyle Fastest Heat MC Finals as required Open, Senior & Youth Finals of Female 400m I.M. Open/Male 400m Freestyle Female 100m Breaststroke Open/Male 200m Breaststroke Female 50m Freestyle Open/Male 50m Backstroke Female 100m Backstroke Open/Male 100m I.M.	