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| **Session 1 Sunday 20th May 2018 Warm Up TBC Start Time TBC** | | | |
| 1  2  3  4  5 | Girls  Boys  Girls  Boys  Girls | 50m  50m  100m  100m  100m | Backstroke  Butterfly  Breaststroke  Backstroke  Freestyle |

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| **Session 2 Sunday 20th May 2018 Warm Up TBC Start Time TBC** | | | |
| 6  7  8  9  10 | Boys  Girls  Boys  Girls  Boys | 50m  50m  50m  100m  100m | Breaststroke  Butterfly  Freestyle  Backstroke  Butterfly |

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| **Session 3 Sunday 20th May 2018 Warm Up TBC Start Time TBC** | | | |
| 11  12  13  14  15  16 | Girls  Boys  Girls  Boys  Girls  Boys | 50m  50m  50m  100m  100m  100m | Breaststroke  Backstroke  Freestyle  Breaststroke  Butterfly  Freestyle |