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| **Session 1 Sunday 20th May 2018 Warm Up TBC Start Time TBC** |
| 12345 | GirlsBoysGirlsBoysGirls | 50m50m100m100m100m | BackstrokeButterflyBreaststrokeBackstrokeFreestyle |

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| **Session 2 Sunday 20th May 2018 Warm Up TBC Start Time TBC** |
| 678910 | BoysGirlsBoysGirlsBoys | 50m50m50m100m100m | BreaststrokeButterflyFreestyleBackstrokeButterfly |

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| **Session 3 Sunday 20th May 2018 Warm Up TBC Start Time TBC** |
| 111213141516 | GirlsBoysGirlsBoysGirlsBoys | 50m50m50m100m100m100m | BreaststrokeBackstrokeFreestyleBreaststrokeButterflyFreestyle |