|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Wed 2nd** | | **Thurs 3rd** | | **Fri 4th** | | **Sat 5th** | | **Sun 6th** | |
| M MC 100 free |  | M MC 200 IM |  | M 100 free | James | M 200 fly |  | M 200 back |  |
| W MC 100 free |  | W MC 200 IM |  | W 400 free | Tam | W 200 fly |  | W 200 back |  |
| M 100 br/s |  | M 50 free | James | M MC 400 free |  | M MC 200 free |  | M MC 100 back |  |
| W 100 br/s | Liz | W 50 free | Emma | W MC 400 free |  | W MC 200 free |  | W MC 100 back |  |
| M MC 50 br/s |  | M MC 50 free |  | M 50 back | Tom | M 50 br/s | Pravin  Matt | M 50 fly | Felix |
| W MC 50 br/s |  | W MC 50 free |  | W 50 back | Lex | W 50 br/s | Liz, Abby  Immi, Ellen | W 50 fly | Annabel  Tam |
| M 200 free | Tom | M 100 fly |  | M MC 50 back |  | M MC 100 fly |  | M MC 50 fly |  |
| W 200 free | Tam | W 100 fly | Annabel, Lex  Tam, Immi | W MC 50 back |  | W MC 100 fly |  | W MC 50 fly |  |
| M MC 100 br/s |  | M 200 br/s |  | M 200 IM |  | M 100 back |  | W 800 free | Tam |
| W MC 100 br/s |  | W 200 br/s | Liz | W 200 IM |  | W 100 back |  |  |  |
| M 400 IM | Matt | M MC 150 IM |  |  |  | M 400 free | Joe |  |  |
| W 400 IM | Tam | W MC 150 IM |  |  |  | W 100 free | Immi |  |  |