

Meet Programme

Session 1

Saturday 16th July

Warm-up 12pm

Start 1pm

1	200m IM	Female
2	50m Breaststroke	Male
3	50m Butterfly	Female
4	200m Backstroke	Male
5	200m Breaststroke	Female
6	100m Butterfly	Male
7	100m Freestyle	Female

Session 2

Saturday 16th July

Warm-up tbc

Start tbc

8	50m Freestyle	Male
9	50m Backstroke	Female
10	100m IM	Male
11	200m Freestyle	Female
12	200m Butterfly	Male
13	100m Breaststroke	Female
14	100m Backstroke	Male

Session 3

Sunday 17th July

Warm-up 12pm

Start 1pm

15	200m IM	Male
16	50m Breaststroke	Female
17	50m Butterfly	Male
18	200m Backstroke	Female
19	200m Breaststroke	Male
20	100m Butterfly	Female
21	100m Freestyle	Male

Session 4

Sunday 17th July

Warm-up tbc

Start tbc

22	50m Freestyle	Female
23	50m Backstroke	Male
24	100m IM	Female
25	200m Freestyle	Male
26	200m Butterfly	Female
27	100m Breaststroke	Male
28	100m Backstroke	Female

***Timings noted above are indicative and may alter slightly.
Final timings will be confirmed shortly before the meet.***