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| PENZANCE 17th March 2018 |  | BODMIN 18th March 2018 |
| WARM UP | 10.30 | START TIME  | 11.45 |  | WARM UP | 10.30 | START TIME  | 11.45 |
| Event |  |  |  |  | event |  |  |  |
| 1 | Girls | 200m | Freestyle |  | 15 | girls | 200m | Butterfly |
| 2 | Boys | 200m | Freestyle |  | 16 | boys | 200m | Butterfly |
| 3 | Girls | 100m | Breast stroke |  | 17 | girls | 100m | Freestyle |
| 4 | Boys  | 100m | Breast stroke |  | 18 | Boys | 100m | Backstroke |
| TBA | 15 min | interval | 45min warm up |  | TBA | 15min | interval | 45minute warm up |
| 5 | Girls | 200m | Individual Medley |  | 19 | Girls | 200m | Breast stroke |
| 6 | Boys | 200m  | Individual Medley |  | 20 | Boys | 200m | Breast stroke |
| 7 | Girls | 100m | Butterfly |  | 21 | Girls | 100m  | Backstroke |
| 8 | Boys | 100m | Butterfly |  | 22 | Boys | 100m | Freestyle |
| TBA | 30min | lunch | 45min warm up |  | TBA | 30 min | lunch | 45minute warm up |
| 9 | Girls | 200m | Back stroke |  | 23 | Girls | 100m | Individual Medley |
| 10 | Boys | 200m | Back stroke |  | 24 | Boys | 100m | Individual Medley |
| 11 | Girls | 50m | Freestyle |  | 25 | Girls | 50m | Backstroke |
| 12 | Boys | 50m | Freestyle |  | 26 | Boys | 50m | Backstroke |
| 13 | Girls | 50m | Breast stroke |  | 27 | Girls | 50m | Butterfly |
| 14 | Boys | 50m | Breast stroke |  | 28 | Boys | 50m | Butterfly |