

Programme of Events – October 1st 2017

| Session 1 | |
|--------------------------------------|--------------------|
| Warm up 8.00am TBC Start 08.45am TBC | |
| Event Number | Event |
| 1 | Boys 50 Freestyle |
| 2 | Girls 50 Freestyle |
| 3 | Boys 200IM |
| 4 | Girls 200IM |
| 5 | Boys 100 Back |
| 6 | Girls 100 Back |
| 7 | Boys 200 Fly |
| 8 | Girls 200 Fly |
| 9 | Boys 100 Breast |
| 10 | Girls 100 Breast |

Break may be included after event 4 or 5 if necessary

| Session 2 | |
|-----------------------|---------------------|
| Warm up TBC Start TBC | |
| 11 | Girls 200 Free |
| 12 | Boys 200 Free |
| 13 | Girls 100 Fly |
| 14 | Boys 100 Fly |
| 15 | Girls 200 Breast |
| 16 | Boys 200 Breast |
| 17 | Girls 100 Freestyle |
| 18 | Boys 100 Freestyle |
| 19 | Girls 200 Back |
| 20 | Boys 200 Back |