

BLOCK A BASILDON SPORTING VILLAGE 18/19/20 JANUARY 2019		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 2/3 FEBRUARY 2019				BLOCK C BASILDON SPORTING VILLAGE 15/16/17 FEBRUARY 2019	
SESSION 1 BASILDON SPORTING VILLAGE 18 TH JANUARY 2019 WARM UP 5.30PM	SESSION 4 BASILDON SPORTING VILLAGE 20 TH JANUARY 2019 WARM UP 8AM	LONDON AQUATIC CENTRE 2 ND FEBRUARY 2019 SESSION 6 WARM UP 8.00AM		RELAYS BOYS 15/OV GIRLS 15/OV BOYS 10/14 GIRLS 10/14	BASILDON SPORTING VILLAGE 15 TH FEBRUARY 2019 SESSION 10 WARM UP 5.30PM	BASILDON SPORTING VILLAGE 17 TH FEBRUARY 2019 SESSION 13 WARM UP 8AM	
BOYS / GIRLS 12/OVER 1500 F/S	BOYS 10/14 100 BUTTERFLY GIRLS 10/14 200 BREASTSTROKE BOYS 15/OV 200 BUTTERFLY BOYS 10/14 200 BACKSTROKE GIRLS 15/OV 200 IM	GIRLS 9/10 MEDLEY RELAY BOYS 9/10 FREESTYLE RELAY BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY			BOYS/ GIRLS 12/OVER 800M F/S	GIRLS 10/14 100 BUTTERFLY BOYS 10/14 200 BREASTSTROKE GIRLS 15/OV 200 BUTTERFLY GIRLS 10/14 200 BACKSTROKE BOYS 15/OV 200 IM	
	FINALS BOYS 10/14 100 BUTTERFLY GIRLS 11/12 MEDLEY RELAY GIRLS 13/14 MEDLEY RELAY	PRESENTATION FOR RELAYS BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE				FINALS GIRLS 10/14 100 BUTTERFLY BOYS 11/12 MEDLEY RELAY BOYS 13/14 MEDLEY RELAY	
		FINALS BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE					
BASILDON SPORTING VILLAGE 19 TH JANUARY 2019 SESSION 2 WARM UP 1.00PM	BASILDON SPORTING VILLAGE 20 TH JANUARY 2019 SESSION 5 WARM UP TBC	LONDON AQUATIC CENTRE 2 ND FEBRUARY 2019 SESSION 7 WARM UP TBC	BASILDON SPORTING VILLAGE 3 RD FEBRUARY 2019 SESSION 8 WARM UP 1PM	BASILDON SPORTING VILLAGE 16 TH FEBRUARY 2019 SESSION 11 WARM UP 1.00PM	BASILDON SPORTING VILLAGE 17 TH FEBRUARY 2019 SESSION 14 WARM UP TBC		
BOYS 10/14 100 BACKSTROKE BOYS 15/OV 100 BACKSTROKE GIRLS 12/14 400 IM GIRLS 15/OV 400 IM	BOYS 15/OV 100 BUTTERFLY GIRLS 15/OV 200 BREASTSTROKE GIRLS 10/14 200 BUTTERFLY BOYS 15/OV 200 FREESTYLE BOYS 10/14 200 IM	GIRLS 9/10 FEESTYLE RELAY BOYS 9/10 MEDLEY RELAY GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY	BOYS 10/14 100 FREESTYLE BOYS 15/OV 100 FREESTYLE GIRLS 10/14 400 FREESTYLE GIRLS 15/OV 400 FREESTYLE	GIRLS 10/14 100 BACKSTROKE GIRLS 15/OV 100 BACKSTROKE BOYS 12/14 400 IM BOYS 15/OV 400 IM	GIRLS 15/OV 100 BUTTERFLY BOYS 15/OV 200 BREASTSTROKE BOYS 10/14 200 BUTTERFLY GIRLS 15/OV 200 FREESTYLE GIRLS 10/14 200 IM		
FINALS BOYS 10/14 100 BACKSTROKE BOYS 15/OV 100 BACKSTROKE	FINALS BOYS 15/OV 100 BUTTERFLY GIRLS 11/12 FREESTYLE RELAY BOYS 15/OVER MEDLEY RELAY	PRESENTATION FOR RELAYS GIRLS 15/OV 50 BREASTSTROKE BOYS 10/14 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE	FINALS BOYS 10/14 100 FREESTYLE BOYS 15/OV 100 FREESTYLE GIRLS 15/OVER FREESTYLE RELAY GIRLS 13/14 FREESTYLE RELAY	FINALS GIRLS 10/14 100 BACKSTROKE GIRLS 15/OV 100 BACKSTROKE	FINALS GIRLS 15/OV 100 BUTTERFLY BOYS 11/12 FREESTYLE RELAY GIRLS 15/OVER MEDLEY RELAY		
SESSION 3 (WARM UP TBC) GIRLS 10/14 100 BREASTSTROKE GIRLS 15/OV 100 BREASTSTROKE BOYS 10/14 200 FREESTYLE BOYS 15/OV 200 BACKSTROKE		FINALS GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY GIRLS 15/OV 50 BREASTSTROKE BOYS 10/14 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE	SESSION 9 (WARM UP TBC) GIRLS 10/14 100 FREESTYLE GIRLS 15/OV 100 FREESTYLE BOYS 10/14 400 FREESTYLE BOYS 15/OV 400 FREESTYLE	SESSION 12 (WARM UP TBC) BOYS 10/14 100 BREASTSTROKE BOYS 15/OV 100 BREASTSTROKE GIRLS 10/14 200 FREESTYLE GIRLS 15/OV 200 BACKSTROKE			
FINALS GIRLS 10/14 100 BREASTSTROKE GIRLS 15/OV 100 BREASTSTROKE			FINALS GIRLS 10/14 100 FREESTYLE GIRLS 15/OV 100 FREESTYLE BOYS 15/OVER FREESTYLE RELAY BOYS 13/14 FREESTYLE RELAY	FINALS BOYS 10/14 100 BREASTSTROKE BOYS 15/OV 100 BREASTSTROKE			

ONLY 1 RELAY TEAM IS PERMITTED PER CLUB PER EVENT