

PROGRAMME OF EVENTS

Saturday 30 March 2019

Session 1

Warm-Up 0830; Start 0930

Girls	400m Ind Medley
Boys	100m Butterfly
Girls	50m Backstroke
Boys	50m Breaststroke
Girls	100m Breaststroke
Boys	400m Freestyle
Girls	100m Freestyle

Session 2

Warm-Up 1300; Start 1400

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle
Boys	800 Freestyle

Session 3

Warm-Up 1645; Start 1745

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

Sunday 31 March 2019

Session 4

Warm-Up 0830; Start 0930

Boys	400m Ind Medley
Girls	100m Butterfly
Boys	50m Backstroke
Girls	50m Breaststroke
Boys	100m Breaststroke
Girls	400m Freestyle
Boys	100m Freestyle

Session 5

Warm-Up 1300; Start 1400

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle
Girls	1500m Freestyle

Session 6

Warm-Up 1645; Start 1745

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly