



Programme of Events

Event	
Warm-up	Start - 13:00 Finish - 13:40
Session 1	Start - 13:45 Finish 16:00*
1	Male/Open 100m Butterfly
2	Female 100m Butterfly
3	Male/Open 50m Backstroke
4	Female 50m Backstroke
5	Male/Open 100m Breaststroke
6	Female 100m Breaststroke
7	Male/Open 50m Freestyle
8	Female 50m Freestyle
9	Male/Open 100IM
10	Female 100IM
Session 2	Start - 16:30* Finish 18:15*
11	Male/Open 50m Butterfly
12	Female 50m Butterfly
13	Male/Open 100m Backstroke
14	Female 100m Backstroke
15	Male/Open 50m Breaststroke
16	Female 50m Breaststroke
17	Male/Open 100m Freestyle
18	Female 100m Freestyle

*times subject to change