



## Schedule of Events

(All timings to be confirmed after entries close)

<b>SATURDAY 16th November 2024</b>			
<b>Session 1 - Warm Up 8.45am Start time 9.10am</b>			
101	M/O 1500m Freestyle	102	F 1500m Freestyle
101 and 102 to be swum as mixed heats			
<b>Session 2 – Warm up est 9.45am / Start time tbc</b>			
201	F 400m Individual Medley	202	M/O 400m Individual Medley
201 and 202 to be swum as mixed heats			
203	F 25m Freestyle	204	M/O 25m Freestyle
205	F 200m Backstroke	206	M/O 200m Backstroke
207	F 100m Breaststroke	208	M/O 100m Breaststroke
209	F 50m Butterfly	210	M/O 50m Butterfly
<b>Session 3 - Warm Up/ Start time tbc</b>			
301	M 25m Backstroke	302	F 25m Backstroke
303	M 200m Freestyle	304	F 200m Freestyle
305	M 50m Breaststroke	306	F 50m Breaststroke
307	M 100m Butterfly	308	F 100m Butterfly
309	M 100m Individual Medley	310	F 100m Individual Medley
<b>Expected finish TBC</b>			



## SUNDAY 17th November 2024

### Session 4 Warm Up 8.45am Start time 9.10am

401	F 800m Freestyle	402	M/O 800m Freestyle
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401 and 402 to be swum as mixed heats

### Session 5 – Warm up est 9.30am / Start time tbc

501	F 25m Butterfly	502	M/O 25m Butterfly
503	F 200m Butterfly	504	M/O 200m Butterfly
505	F 100m Backstroke	506	M/O 100m Backstroke
507	F 200m Breaststroke	508	M/O 200m Breaststroke
509	F 50m Freestyle	510	M/O 50m Freestyle

### Session 6 - Warm Up/ Start time tbc

601	M/O 400m Freestyle	602	F 400m Freestyle
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601 and 602 to be swum as mixed heats

603	M/O 25m Breaststroke	604	F 25m Breaststroke
605	M/O 200m Individual Medley	606	F 200m Individual Medley
607	M/O 50m Backstroke	608	F 50m Backstroke
609	M/O 100m Freestyle	610	F 100m Freestyle

Expected finish TBC