

Saturday June 26th	Sunday June 27th	Saturday July 3rd	Sunday July 4th
Ages 10, 12 and 14 Years		Ages 9, 11, 13, 15/16, 17/18 Years	
Session 1 - Warm-up 9am, Start 10am	Session 3 - Warm-up 9am, Start 10am	Session 5 - Warm-up 9am, Start 10am	Session 7 - Warm-up 9am, Start 10am
101 Girls Age 10,12,14 200m Freestyle 102 Boys Age 10,12,14 200m Breaststroke 103 Girls Age 12,14 100m Butterfly 104 Boys Age 12,14 100m Freestyle 105 Girls Age 10,12,14 50m Backstroke 106 Boys Age 10,12,14 50m Butterfly 107 Girls Age 10,12,14 100m Ind Medley	301 Boys Age 10,12,14 200m Freestyle 302 Girls Age 10,12,14 200m Breaststroke 303 Boys Age 12,14 100m Butterfly 304 Girls Age 12,14 100m Freestyle 305 Boys Age 10,12,14 50m Backstroke 306 Girls Age 10,12,14 50m Butterfly 307 Boys Age 10,12,14 100m Ind Medley	501 Girls Age 9,11,13 200m Freestyle 502 Boys Age 9,11,13 200m Breaststroke 503 Girls Age 15/16,17/18 200m Backstroke 504 Boys Age 15/16,17/18 200m Butterfly 505 Girls Age 11,13 100m Butterfly 506 Boys Age 11,13 100m Freestyle 507 Girls Age 15/16,17/18 100m Breaststroke 508 Boys Age 15/16,17/18 100m Backstroke 509 Girls Age 9,11,13 50m Backstroke 510 Boys Age 9,11,13 50m Butterfly 511 Girls Age 15/16,17/18 50m Freestyle 512 Boys Age 15/16,17/18 50m Breaststroke 513 Girls Age 9,11,13 100m Ind Medley 514 Boys Age 15/16,17/18 100m Ind Medley	701 Boys Age 9,11,13 200m Freestyle 702 Girls Age 9,11,13 200m Breaststroke 703 Boys Age 15/16,17/18 200m Backstroke 704 Girls Age 15/16,17/18 200m Butterfly 705 Boys Age 11,13 100m Butterfly 706 Girls Age 11,13 100m Freestyle 707 Boys Age 15/16,17/18 100m Breaststroke 708 Girls Age 15/16,17/18 100m Backstroke 709 Boys Age 9,11,13 50m Backstroke 710 Girls Age 9,11,13 50m Butterfly 711 Boys Age 15/16,17/18 50m Freestyle 712 Girls Age 15/16,17/18 50m Breaststroke 713 Boys Age 9,11,13 100m Ind Medley 714 Girls Age 15/16,17/18 100m Ind Medley
Session 2 - tbc	Session 4 - tbc	Session 6 - tbc	Session 8 - tbc
201 Boys Age 10,12,14 200m Butterfly 202 Girls Age 10,12,14 200m Backstroke 203 Boys Age 12,14 100m Backstroke 204 Girls Age 12,14 100m Breaststroke 205 Boys Age 10,12,14 50m Breaststroke 206 Girls Age 10,12,14 50m Freestyle	401 Girls Age 10,12,14 50m Breaststroke 402 Boys Age 10,12,14 50m Freestyle 403 Girls Age 12,14 100m Backstroke 404 Boys Age 12,14 100m Breaststroke 405 Girls Age 10,12,14 200m Butterfly 406 Boys Age 10,12,14 200m Backstroke	601 Boys Age 9,11,13 200m Butterfly 602 Girls Age 9,11,13 200m Backstroke 603 Boys Age 15/16,17/18 200m Breaststroke 604 Girls Age 15/16,17/18 200m Freestyle 605 Boys Age 11,13 100m Backstroke 606 Girls Age 11,13 100m Breaststroke 607 Boys Age 15/16,17/18 100m Freestyle 608 Girls Age 15/16,17/18 100m Butterfly 609 Boys Age 9,11,13 50m Breaststroke 610 Girls Age 9,11,13 50m Freestyle 611 Boys Age 15/16,17/18 50m Butterfly 612 Girls Age 15/16,17/18 50m Backstroke	801 Girls Age 9,11,13 50m Breaststroke 802 Boys Age 9,11,13 50m Freestyle 803 Girls Age 15/16,17/18 50m Butterfly 804 Boys Age 15/16,17/18 50m Backstroke 805 Girls Age 11,13 100m Backstroke 806 Boys Age 11,13 100m Breaststroke 807 Girls Age 15/16,17/18 100m Freestyle 808 Boys Age 15/16,17/18 100m Butterfly 809 Girls Age 9,11,13 200m Butterfly 810 Boys Age 9,11,13 200m Backstroke 811 Girls Age 15/16,17/18 200m Breaststroke 812 Boys Age 15/16,17/18 200m Freestyle

All ages as at 4th July 2010