

### **Session One**

#### **Saturday Warm Up 8am Start 9am**

Girls 9/10 years 200m Backstroke  
Boys 9/10 years 200m Backstroke  
Girls 11/13 years 50m Breaststroke  
Boys 11/14 years 50m Breaststroke  
Girls 9/10 years 400m Freestyle  
Boys 9/10 years 400m Freestyle  
Girls 11/13 years 200m Butterfly  
Boys 11/14 years 200m Butterfly  
Girls 9/10 years 50m Butterfly  
Boys 9/10 years 50m Butterfly  
Girls 11/13 years 200m Freestyle  
Boys 11/14 years 200m Freestyle

### **Session Two**

#### **Saturday Warm Up 1pm Start 2pm**

Girls 9/10 years 200m Breaststroke  
Boys 9/10 years 200m Breaststroke  
Girls 11/13 years 400m I.M.  
Boys 11/14 years 400m I.M.  
Girls 9/10 years 50m Backstroke  
Boys 9/10 years 50m Backstroke  
Girls 11/13 years 50m Butterfly  
Boys 11/14 years 50m Butterfly  
Girls 9/10 years 200m I.M.  
Boys 9/10 years 200m I.M.  
Girls 10 & over 100m Freestyle  
Boys 11 & over 100m Freestyle

### **Session Three**

#### **Sunday Warm Up 8am Start 9am**

Girls 11/13 years 400m Freestyle  
Boys 11/14 years 400m Freestyle  
Girls 9/10 years 200m Butterfly  
Boys 9/10 years 200m Butterfly  
Girls 11/13 years 50m Freestyle  
Boys 11/14 years 50m Freestyle  
Girls 9/10 years 50m Freestyle  
Boys 9/10 years 50m Freestyle  
Girls 11/13 years 200m Backstroke  
Boys 11/14 years 200m Backstroke

### **Session Four**

#### **Sunday Warm Up 1pm Start 2pm**

Girls 11/13 years 200m I.M.  
Boys 11/14 years 200m I.M.  
Girls 9/10 years 200m Freestyle  
Boys 9/10 years 200m Freestyle  
Girls 11/13 years 50m Backstroke  
Boys 11/14 years 50m Backstroke  
Girls 9/10 years 400m I.M.  
Boys 9/10 years 400m I.M.  
Girls 11/13 years 200m Breaststroke  
Boys 11/14 years 200m Breaststroke  
Girls 9/10 years 50m Breaststroke  
Boys 9/10 years 50m Breaststroke