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| Session 1 |
| 8.00am warm up, 9.00am start101 4 x 50M Boys 12 year old and under Freestyle relay102 4 x 50M Boys 13 year old and over Freestyle relay |
| 103 | 4 x 50M Girls 12 year old and under Medley relay |
| 104 | 4 x 50M Girls 13year old and over Medley relay |
| 105 | 200M IM Boys  |
| 106 | 200M Freestyle Girls  |
| 107  |  50M Freestyle Boys  |
| 108 |  50M Freestyle Girls  |
| 109 | 100M Butterfly Boys  |
| 110 | 100M Butterfly Girls |
| 111 |  50M Backstroke Boys  |
| 112 |  50M Backstroke Girls  |
| 113 | 100M Breaststroke Boys  |
| 114 | 100M Breaststroke Girls  |
| Session 2 |
| Warm up and start TBA201 4 x 50M Girls 12 year old and under Freestyle relay202 4 x 50M Girls 13 year old and over Freestyle relay |
| 203 | 4 x 50M Boys 12 year old and under Medley relay |
| 204 | 4 x 50M Boys 13year old and over Medley relay |
| 205 | 200M IM Girls  |
| 206 | 200M Freestyle Boys  |
| 207 |  50M Butterfly Girls  |
| 208 |  50M Butterfly Boys  |
| 209 | 100M Freestyle Girls  |
| 210 | 100M Freestyle Boys |
| 211 |  50M Breaststroke Girls  |
| 212 |  50M Breaststroke Boys  |
| 213 | 100M Backstroke Girls  |
| 214 | 100M Backstroke Boys  |
| 215 | 8 x 50M Mixed cannon(girl/ boy, 10 and under; 11-12; 13-14; 15+) |