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| Session 1 | |
| 8.00am warm up, 9.00am start  101 4 x 50M Boys 12 year old and under Freestyle relay  102 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 TBA  201 4 x 50M Girls 12 year old and under Freestyle relay  202 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+) |