



Thursday, 7 th March	Friday, 8 th March	Saturday, 9 th March	Sunday, 10 th March
Session 1: TBC	Session 3: TBC	Session 5: TBC	Session 7: TBC
M 400m Free (H) W 100m Free (H) M 50m Breast (H) W 200m IM (H) M 100m Fly (H) W 50m Back (H) M 200m Back (H) W 800m Free (slow heats) MC W 100m Freestyle MC M 100m Freestyle MC W 50m Backstroke MC M 50m Backstroke MC W 100m Backstroke MC M 100m Backstroke	W 400m IM (H) M 200m Fly (H) W 100m Back (H) M 50m Free (H) W 200m Breast (H) M 100m Breast (H) W 50m Fly (H) W 200m Free (H) M 1500m Free (slow heats) MC W 400m Freestyle MC M 400m Freestyle MC W 200m Freestyle MC M 200m Freestyle MC W 100m Butterfly MC M 100m Butterfly	M 400m IM (H) W 200m Fly (H) M 100m Back (H) W 50m Free (H) M 50m Fly (H) W 100m Breast (H) M 200m Breast (H) M 200m Free (H) W 1500m Free (all heats) MC W 50m Butterfly MC M 50m Butterfly MC W 200m Individual Medley MC M 200m Individual Medley MC W 150m Individual Medley MC M 150m Individual Medley	W 400m Free (H) M 200m IM (H) W 50m Breast (H) M 100m Free (H) W 100m Fly (H) M 50m Back (H) W 200m Back (H) M 800m Free (all heats) MC W 50m Freestyle MC M 50m Freestyle MC W 100m Breaststroke MC M 100m Breaststroke MC W 50m Breaststroke MC M 50m Breaststroke
Session 2: TBC	Session 4: TBC	Session 6: TBC	Session 8: TBC
M 400m Free (JunF) M 400m Free (F) W 100m Free (JunF) W 100m Free (F) M 50m Breast (JunF) M 50m Breast (F) W 200m IM (JunF) W 200m IM (F) M 100m Fly (JunF) M 100m Fly (F) W 50m Back (JunF) W 50m Back (F) M 200m Back (JunF) M 200m Back (F) W 800m Free (Fastest Heat) MC W 100m Freestyle MC M 100m Freestyle MC W 50m Backstroke MC M 50m Backstroke MC W 100m Backstroke MC M 100m Backstroke	W 400m IM (JunF) W 400m IM (F) M 200m Fly (JunF) M 200m Fly (F) W 100m Back (JunF) W 100m Back (F) M 50m Free (JunF) M 50m Free (F) W 200m Breast (JunF) W 200m Breast (F) M 100m Breast (JunF) M 100m Breast (F) W 50m Fly (JunF) W 50m Fly (F) W 200m Free (JunF) W 200m Free (F) M 1500m Free (Fastest Heat) MC W 400m Freestyle MC M 400m Freestyle MC W 200m Freestyle MC M 200m Freestyle MC W 100m Butterfly MC M 100m Butterfly	M 400m IM (JunF) M 400m IM (F) W 200m Fly (JunF) W 200m Fly (F) M 100m Back (JunF) M 100m Back (F) W 50m Free (JunF) W 50m Free (F) M 50m Fly (JunF) M 50m Fly (F) W 100m Breast (JunF) W 100m Breast (F) M 200m Breast (JunF) M 200m Breast (F) M 200m Free (JunF) M 200m Free (F) MC W 50m Butterfly MC M 50m Butterfly MC W 200m Individual Medley MC M 200m Individual Medley MC W 150m Individual Medley MC M 150m Individual Medley	W 400m Free (JunF) W 400m Free (F) M 200m IM (JunF) M 200m IM (F) W 50m Breast (JunF) W 50m Breast (F) M 100m Free (JunF) M 100m Free (F) W 100m Fly (JunF) W 100m Fly (F) M 50m Back (JunF) M 50m Back (F) W 200m Back (JunF) W 200m Back (F) MC W 50m Freestyle MC M 50m Freestyle MC W 100m Breaststroke MC M 100m Breaststroke MC W 50m Breaststroke MC M 50m Breaststroke

British Swimming Technical Swimming Committee- 17th December 2012

