

PROGRAMME OF EVENTS

All times are estimates - the sessions will start at the published times and the events will run at their own pace Specifically the event start times should not be construed as earliest start times - they are for guidance only

		Friday 18th Novem	ber 2016	
Event No	Gender	Event		Warm Up 6.00 - 6.25pm
1	F	400m Individual Medley	HDW	6.30pm
2	М	400m Individual Medley	HDW	6.57pm
3	F	400m Freestyle	HDW	7.05pm
4	М	400m Freestyle	HDW	7.56pm
		Session Ends 8.20	5pm	
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		Saturday 19th Nover	nber 201	
Event No	Gender	Event		Warm Up 8.00 - 9.00am
5	M	200m Individual Medley	HDW	9.05am
6	F	100m Breastroke	HDW	9.47am
7	M	50m Fly	HDW	10.22am
8 F 100M Backstroke HDW 10.35am Interval (11.02 - 11.25am) - Presentations Events 5,6,7				
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9	M	200m Fly	HDW	11.25am
10 11	F M	200m Freestyle 50m Breastroke	HDW HDW	11.32am 12.42am
Lunch (12.59 - 2.20pm) - Presentations Events 8,9,10 - Warm Up 1.15 - 2.15pm				
				2.20pm
13 14	F	100m Freestyle 200m Backstroke	Heats HDW	
15	M F	200m Backstroke 200m Breastroke	HDW	3.04pm 3.32pm
13		nterval (4.36 - 4.55pm) - Present		
1.0		, , ,		·
16 17	M F	100m Fly 50m Backstroke	HDW HDW	4.55pm 5.04pm
18	M	50m Freestyle	HDW	5.33pm
16		rval (5.48 - 6.10pm) - Presentati		
19	F	100 Freestyle 9 years	Final	6.10pm
20	F	100 Freestyle 9 years	Final	6.13pm
21	F	100m Freestyle 11 years	Final	6.16pm
22	F	100m Freestyle 12 years	Final	6.19pm
23	F	100m Freestyle 13 years	Final	6.22pm
24	F	100m Freestyle 14 years	Final	6.25pm
25	F	100m Freestyle 15+ years	Final	6.28pm
25			_	
25		Ends 6.31pm - Presentations Ev	ents 19,20,	21,22,23,24,25
25			ents 19,20,	21,22,23,24,25
25 Event No		Ends 6.31pm - Presentations Ev Sunday 20th Novem Event	ents 19,20,	21,22,23,24,25
Event No	Session Gender F	Ends 6.31pm - Presentations Event Sunday 20th Novem Event 200m Individual Medley	rents 19,20, nber 2016 HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am
Event No	Session Gender F M	Ends 6.31pm - Presentations Event Sunday 20th Novem Event 200m Individual Medley 100m Breastroke	hber 2016 HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am
Event No	Session Gender F M F	Ends 6.31pm - Presentations Event Sunday 20th Novem Event 200m Individual Medley 100m Breastroke 50m Fly	HDW HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am
Event No	Gender F M F	Ends 6.31pm - Presentations Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Preser	HDW HDW HDW HDW HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27
Event No	Gender F M F Int	Ends 6.31pm - Presentations Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Presentations Evental 100M Backstroke	HDW HDW HDW HDW HDW HDW HDW HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am
26 27 28 29 30	Gender F M F Int	Ends 6.31pm - Presentations Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Preser 100M Backstroke 200m Fly	HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am 11.28am
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26 27 28 29 30	Gender F M F Int M F M F	Ends 6.31pm - Presentations Event Sunday 20th Novem Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Present 100M Backstroke 200m Fly 200m Freestyle 50m Breastroke	HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am 11.28am 11.39am 12.18am
26 27 28 29 30 31 32	Gender F M F Int M F Interview	Ends 6.31pm - Presentations Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Present 100M Backstroke 200m Fly 200m Freestyle 50m Breastroke val (12.43 - 1.10pm) - Presentat	HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am 11.28am 11.39am 12.18am 28,29,30,31
26 27 28 29 30 31	Gender F M F Int M F M F	Ends 6.31pm - Presentations Event Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Present 100M Backstroke 200m Fly 200m Freestyle 50m Breastroke val (12.43 - 1.10pm) - Presentat 50 Mixed Skins	HDW	21,22,23,24,25 Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am 11.28am 11.39am 12.18am 28,29,30,31 1.10pm
26 27 28 29 30 31 32	Gender F M F Int M F Inter F Inter	Ends 6.31pm - Presentations Event 200m Individual Medley 100m Breastroke 50m Fly terval (10.45- 11.10am) - Present 100M Backstroke 200m Fly 200m Freestyle 50m Breastroke val (12.43 - 1.10pm) - Presentat 50 Mixed Skins Lunch (1.25 - 2.35pm) - Warm	HDW	Warm Up 8.00 - 9.00am 9.05am 10.04am 10.26am nts 26,27 11.10am 11.28am 11.39am 12.18am 28,29,30,31 1.10pm 30pm
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