



PROGRAMME OF EVENTS

All timings are subject to change

Saturday 30th June 2018

Session 1	Warm up: 8.15 a.m. – 8.55 a.m.	Start: 9.05 a.m. Finish: 10:45 a.m.
Event No	Gender	Distance/Stroke
1	Boys	200 Back
2	Girls	100 Fly
3	Boys	50 Free
4	Girls	200 Breast
5	Boys	200 IM

Session 2	Warm up: 10:50 a.m.– 11:30 a.m.	Start: 11:40 a.m. Finish: 1:50 p.m.
Event No	Gender	Distance/Stroke
6	Mixed	800 Free
7	Boys	100 Free
8	Girls	400 IM
9	Boys	200 Fly
10	Girls	50 Breast
11	Boys	100 Breast

Session 3	Warm up: 1:55 p.m. - 2:35 p.m.	Start 2:45 p.m. Finish 4:40 p.m.
Event No	Gender	Distance/Stroke
12	Girls	200 Free
13	Boys	400 Free
14	Girls	100 Back
15	Boys	50 Back
16	Girls	50 Fly

PROGRAMME OF EVENTS cont.

All timings are subject to change

Sunday 1st July 2018

Session 4	Warm up: 8:15 a.m. – 8:55 a.m.	Start: 9.05 a.m. Finish: 11:05 a.m.
Event No	Gender	Distance/Stroke
17	Girls	200 Back
18	Boys	100 Fly
19	Girls	50 Free
20	Boys	200 Breast
21	Girls	200 IM

Session 5	Warm up: 11:10 a.m. – 11:50 a.m.	Start: 12:00 p.m. Finish 2:20 p.m.
Event No	Gender	Distance/Stroke
22	Mixed	1500 Free
23	Girls	100 Free
24	Boys	400 IM
25	Girls	200 Fly
26	Boys	50 Breast
27	Girls	100 Breast

Session 6	Warm up 2:25 p.m. – 3:05 p.m.	Start 3:15 p.m. Finish 4:45 p.m.
Event No	Gender	Distance/Stroke
28	Boys	200 Free
29	Girls	400 Free
30	Boys	100 Back
31	Girls	50 Back
32	Boys	50 Fly