

# Programme of Events

Saturday 2 <sup>nd</sup> December						
Session 1				Session 2		
Warm up: <b>10:15</b> 10:15-10:30: Girls 9-11yrs 10:30-10:45: Girls 12-15yrs 10:45-11:00: <b>Boys 9-11ys, Girls 16yrs and over</b> 11:00-11:15: Boys 12yrs and over  Start: <b>11:20</b>				Warm up: <b>14:45</b> 14:45-15:00: Boys 9-11ys 15:00-15:15: Boys 12yrs and over 15:15-15:30: Girls 9-11yrs 15:30-15:45: Girls 12yrs and over  Start: <b>15:50</b>		
Event 1	Girls	400m	IM	Event 9	Boys	400m IM
Event 2	Boys	200m	Fly	Event 10	Girls	200m Fly
Event 3	Girls	200m	Free	Event 11	Boys	200m Free
Event 4	Boys	50m	Back	Event 12	Girls	50m Back
Event 5	Girls	50m	Fly	Event 13	Boys	50m Fly
Event 6	Boys	200m	Back	Event 14	Girls	200m Back
Event 7	Girls	100m	Free	Event 15	Boys	100m Free
Event 8	Boys	100m	Breast	Event 16	Girls	100m Breast
Sunday 3 <sup>rd</sup> December						
Session 3				Session 4		
Warm up: <b>10:15</b> 10:15-10:30: Girls 9-11yrs 10:30-10:45: Girls 12-15yrs 10:45-11:00: <b>Boys 9-11ys, Girls 16yrs and over</b> 11:00-11:15: Boys 12yrs and over  Start: <b>11:20</b>				Warm up: <b>14:45</b> 14:45-15:00: Boys 9-11ys 15:00-15:15: Boys 12yrs and over 15:15-15:30: Girls 9-11yrs 15:30-15:45: Girls 12yrs and over  Start: <b>15:50</b>		
Event 17	Girls	400m	Free	Event 24	Boys	400m Free
Event 18	Boys	200m	Breast	Event 25	Girls	200m Breast
Event 19	Girls	50m	Free	Event 26	Boys	50m Free
Event 20	Boys	50m	Breast	Event 27	Girls	50m Breast
Event 21	Girls	200m	IM	Event 28	Boys	200m IM
Event 22	Boys	100m	Fly	Event 29	Girls	100m Fly
Event 23	Girls	100m	Back	Event 30	Boys	100m Back

**\*16yrs and over girls participating in the 400 IM or 400 Free can warm-up alongside the 12-15yr girls.**

## Swimmers will be required to sign in for 400m events.

Medals will be given to the top 3 swimmers in the age groups 9/10, 11, 12, 13, 14, 15, and 16/Over.

Any swimmer who swims faster than the Upper Qualifying Time (UQT) in a particular event will not be eligible for a medal in that event.