

## **Saturday 12<sup>th</sup> January**

800m Long Course, Male and female HDW

## **Sunday 13<sup>th</sup> January 2019**

### **Session 1                      Start time 12.15pm**

Female 200 IM

Male 200 IM

Female 100m backstroke

Male 100m Backstroke

### **Session 2 & Finals**

Female 50m Breaststroke

Male 50m Breaststroke

### **Finals -order**

Female - 200 IM Championship final

Male - 200 IM Championships final

Female - 100m backstroke age group finals

Female - 100m backstroke Championship final

Male - 100m backstroke age group final

Male - 100m backstroke Championship final

50m Breaststroke Championship final female

50m Breaststroke Championship final male

## **Saturday 19th January**

### **Session 3                      start time 1.15pm**

Male - 400m Individual medley HDW

Female - 200m Breaststroke

Male - 50m Backstroke

Female - 50m backstroke

### **Session 4 & Finals**

Male – 100m Butterfly

Female - 200m freestyle female

### **Finals**

Female 50m Backstroke Championship Final

Male 50m Backstroke Championship final

Female 200m breaststroke Championship final

Male 100m butterfly Championship final

Male 100m butterfly age group final

Female 200m freestyle Championship final

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**Sunday 20th January 2019 Start 12.15**

**Session 5**

Female - 400m freestyle HDW

Male - 200m backstroke

Female - 100 breaststroke

Male - 200m butterfly

**Session 6 & Finals**

Female – 50 butterfly

Male – 50m breaststroke

Female - 100m Individual Medley

Male - 100m freestyle

**Finals**

**Female – butterfly Championship Final**

Male - 200m backstroke Championship final

Female – 100m Individual medley age group finals

Female – 100m Individual medley Championship final

Male 50m breaststroke Championship final

Female - 100m breaststroke age group finals

Male – 200m butterfly Championship final

Female - 100m breaststroke Championship final

Male - 100m freestyle age group finals

**Saturday 9th February Session start time 1.15pm**

**Session 7**

Male - 400m freestyle HDW

Female - 200m butterfly

Male - 100 breaststroke

Female - 200m backstroke

**Session 8 & Finals**

Male - 100m Individual Medley

Female 100m Freestyle

**Finals**

Female - 200m backstroke Championship final

Male – 100m Individual medley age group finals

Male – 100m Individual medley Championship final

Male - 100m breaststroke age group finals

Male - 100m breaststroke Championship final

Female – 200m butterfly Championship final

Female - 100m freestyle age group finals

Female - 100m freestyle Championship final

Male - 100m freestyle Championship final

## **Sunday 10th February**

### **Session 9 Start time 12.15 pm**

Female - 400m individual medley HDW

Male - 200m breaststroke

Female - 50m freestyle

Male - 50m Freestyle

### **Session 10 & Finals**

Male - 200m freestyle

Female – 100m Butterfly

### **Finals**

Male - 50m Freestyle Championship final

Female - 50m freestyle – Championship final

Male 50m Freestyle Age Group Finals

Female 50m Freestyle Age Group Finals

Male - 200m breaststroke Championship final

Female - 100m butterfly age group final

Female - 100m butterfly championship final

Male - 200m freestyle Championship final

Male Freestyle Skins

Female Freestyle Skins

## **Saturday 23rd February**

1500m Long course male and female HDW