

Age Groups & Events

- **Male & Female: 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15+ yrs**
- 9 yrs may enter all events other than 400m Events. 10 yrs. may enter all events other than 400m Individual Medley.

Programme Of Events

Saturday 14 th July Session 1 Warm Up 12.30pm – Start 1.15pm			Saturday 14 th July Session 2 Warm Up – TBC		
No	M/F	Event	No	M/F	Event
101	M/F	400m IM (HDW)	201	F	100m Breaststroke (HDW)
102	M	100m Freestyle (HDW)	202	M	100m Backstroke (HDW)
103	F	50m Butterfly Open (HDW)	203	F	50m Freestyle (HDW)
104	M	50m Backstroke (HDW)	204	M	50m Breaststroke (HDW)
105	F	200m Breaststroke (HDW)	205	F	200m Backstroke (HDW)
106	M	200m Freestyle (HDW)	206	M	100m IM (HDW)
107	F	100m Butterfly (HDW)	207	F	100m IM (HDW)
108	M	200m IM (HDW)			

Sunday 15 th July Session 3 Warm Up 11.30am – Start 12.15pm			Sunday 15 th July Session 4 Warm Up - TBC		
No	M/F	Event	No	M/F	Event
301	F	200m IM (HDW)	401	F	100m Backstroke (HDW)
302	M	50m Butterfly (HDW)	402	M/F	200m Butterfly (HDW)
303	F	100m Freestyle (HDW)	403	M	100m Breaststroke (HDW)
304	M	200m Breaststroke (HDW)	404	F	200m Freestyle (HDW)
305	F	50m Backstroke (HDW)	405	M	200m Backstroke (HDW)
306	M	100m Butterfly (HDW)	406	F	50m Breaststroke (HDW)
307	M/F	400m Freestyle (HDW)	407	M	50m Freestyle (HDW)