



17th March 2018

Session 1

- Event 1 - Girls 200m Freestyle
- Event 2- Boys 200m Freestyle
- Event 3 - Girls 50m Butterfly
- Event 4 - Boys 50m Butterfly
- Event 5 - Girls 100m Breaststroke
- Event 6 - Boys 100m Breaststroke
- Event 7 - Girls 50m Backstroke
- Event 8 - Boys 50m Backstroke
- Event 9 - Girls(4 x 50m) Medley Relay under 12
- Event 10 - Girls(4 x 50m) Medley Relay 12 and over

18th March 2018

Session 2

- Event 20 - Girls 100m IM
- Event 21 - Boys 100m Freestyle
- Event 22 - Girls 100m Freestyle
- Event 23 - Boys 50m Breaststroke
- Event 24 - Girls 50m Breaststroke
- Event 25 - Boys 100m Butterfly
- Event 26 - Girls 100m Butterfly
- Event 27 - Boys(4 x 50m) Medley Relay under 12
- Event 28 - Boys (4 x 50m) Medley Relay 12 and over

Session 3

- Event 30 - Boys 100m IM
- Event 31 - Girls 50m Freestyle
- Event 32 - Boys 50m Freestyle
- Event 33 - Girls 100m Backstroke
- Event 34 - Boys 100m Backstroke
- Event 35 - Girls (4 x 50m) Freestyle Relay under 12
- Event 36 - Girls (4 x 50m) Freestyle Relay 12 and over
- Event 37 - Boys(4 x 50m) Freestyle Relay under 12
- Event 38 - Boys(4 x 50m) Freestyle Relay 12 and over

Session target length – 3 x 2 hours