

| Saturday 4 th March 2023 | Warm Up: TBC (Morning) | Start: TBC (Morning) |
|--|---------------------------|-------------------------|
| Session 1 | Age | Event |
| Event 101 | Boys 11 & Over | 400 IM |
| Event 102 | Girls 9 & Over | 200 IM |
| Event 103 | Boys 9 & Over | 100 Backstroke |
| Event 104 | Girls 9 & Over | 100 Freestyle |
| Event 105 | Boys 9 & Over | 200 Breaststroke |
| Event 106 | Girls 9 & Over | 200 Butterfly |
| Event 107 | Boys 9 & Over | 50 Butterfly |
| Event 108 | Girls 9 & Over | 50 Breaststroke |

| Saturday 4 th March 2023 | Warm Up: TBC (Afternoon) | Start: TBC (Afternoon) |
|--|-----------------------------|---------------------------|
| Session 2 | Age | Event |
| Event 201 | Girls 11 & Over | 400 Freestyle |
| Event 202 | Boys 9 & Over | 200 Freestyle |
| Event 203 | Girls 9 & Over | 100 Breaststroke |
| Event 204 | Boys 9 & Over | 100 Butterfly |
| Event 205 | Girls 9 & Over | 200 Backstroke |
| Event 206 | Boys 9 & Over | 50 Backstroke |
| Event 207 | Girls 9 & Over | 50 Freestyle |
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| Sunday 5 th March 2023 | Warm Up: TBC (Morning) | Start: TBC (Morning) |
|--------------------------------------|---------------------------|-------------------------|
| Session 3 | Age | Event |
| Event 301 | Girls 11 & Over | 400 IM |
| Event 302 | Boys 9 & Over | 200 IM |
| Event 303 | Girls 9 & Over | 100 Backstroke |
| Event 304 | Boys 9 & Over | 100 Freestyle |
| Event 305 | Girls 9 & Over | 200 Breaststroke |
| Event 306 | Boys 9 & Over | 200 Butterfly |
| Event 307 | Girls 9 & Over | 50 Butterfly |
| Event 308 | Boys 9 & Over | 50 Breaststroke |

| Sunday 5th March 2023 | Warm Up: TBC (Afternoon) | Start: TBC (Afternoon) |
|--------------------------|-----------------------------|---------------------------|
| Session 4 | Age | Event |
| Event 401 | Boys 11 & Over | 400 Freestyle |
| Event 402 | Girls 9 & Over | 200 Freestyle |
| Event 403 | Boys 9 & Over | 100 Breaststroke |
| Event 404 | Girls 9 & Over | 100 Butterfly |
| Event 405 | Boys 9 & Over | 200 Backstroke |
| Event 406 | Girls 9 & Over | 50 Backstroke |
| Event 407 | Boys 9 & Over | 50 Freestyle |
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