



Friday 6th January 2023	Warm Up: TBC (Evening)	Start: TBC (Evening)
Session 1	Age	Event
Event 101	MIXED 11 & Over	800 Freestyle
Event 102	MIXED 11 & Over	1500 Freestyle

Saturday 7th January 2023	Warm Up: TBC (Morning)	Start: TBC (Morning)
Session 2	Age	Event
Event 201	Boys 11 & Over	400 IM
Event 202	Girls 9 & Over	200 IM
Event 203	Boys 9 & Over	100 Backstroke
Event 204	Girls 9 & Over	100 Freestyle
Event 205	Boys 9 & Over	200 Breaststroke
Event 206	Girls 9 & Over	200 Butterfly
Event 207	Boys 9 & Over	50 Butterfly
Event 208	Girls 9 & Over	50 Breaststroke

Saturday 7th January 2023	Warm Up: TBC (Afternoon)	Start: TBC (Afternoon)
Session 3	Age	Event
Event 301	Girls 11 & Over	400 Freestyle
Event 302	Boys 9 & Over	200 Freestyle
Event 303	Girls 9 & Over	100 Breaststroke
Event 304	Boys 9 & Over	100 Butterfly
Event 305	Girls 9 & Over	200 Backstroke
Event 306	Boys 9 & Over	50 Backstroke
Event 307	Girls 9 & Over	50 Freestyle

Sunday 8th January 2023	Warm Up: TBC (Morning)	Start: TBC (Morning)
Session 4	Age	Event
Event 401	Girls 11 & Over	400 IM
Event 402	Boys 9 & Over	200 IM
Event 403	Girls 9 & Over	100 Backstroke
Event 404	Boys 9 & Over	100 Freestyle
Event 405	Girls 9 & Over	200 Breaststroke
Event 406	Boys 9 & Over	200 Butterfly
Event 407	Girls 9 & Over	50 Butterfly
Event 408	Boys 9 & Over	50 Breaststroke

Sunday 8th January 2023	Warm Up: TBC (Afternoon)	Start: TBC (Afternoon)
Session 5	Age	Event
Event 501	Boys 11 & Over	400 Freestyle
Event 502	Girls 9 & Over	200 Freestyle
Event 503	Boys 9 & Over	100 Breaststroke
Event 504	Girls 9 & Over	100 Butterfly
Event 505	Boys 9 & Over	200 Backstroke
Event 506	Girls 9 & Over	50 Backstroke
Event 507	Boys 9 & Over	50 Freestyle