

**Friday 14 June 2019**

**Session 1**

Boys	14&U	400m Free
Girls	14&U	400m Free
Boys	15&O	400m Free
Girls	15&O	400m Free
Boys	10&U	100m Back
Girls	10&U	100m Back
Boys	11-12	100m Back
Girls	11-12	100m Back
Boys	13-14	100m Back
Girls	13-14	100m Back
Boys	15-16	100m Back
Girls	15-16	100m Back
Boys	17&O	100m Back
Girls	17&O	100m Back
Boys	10&U	200m Breast
Girls	10&U	200m Breast
Boys	11-12	200m Breast
Girls	11-12	200m Breast
Boys	13-14	200m Breast
Girls	13-14	200m Breast
Boys	15-16	200m Breast
Girls	15-16	200m Breast
Boys	17&O	200m Breast
Girls	17&O	200m Breast
Mixed	10&U	4X50m Free Relay
Mixed	11-12	4X50m Free Relay
Mixed	13-14	4X50m Free Relay
Mixed	15-16	4x50m Free Relay
Mixed	Open	4X50m Free Relay

**Saturday 15 June 2019**

**Session 2**

Boys	14&U	200m Fly
Girls	14&U	200m Fly
Boys	15&O	200m Fly
Girls	15&O	200m Fly
Boys	10&U	100m Free
Girls	10&U	100m Free
Boys	11-12	100m Free
Girls	11-12	100m Free
Boys	13-14	100m Free
Girls	13-14	100m Free
Boys	15-16	100m Free
Girls	15-16	100m Free
Boys	17&O	100m Free
Girls	17&O	100m Free
Boys	10&U	50m Back
Girls	10&U	50m Back
Boys	11-12	50m Back
Girls	11-12	50m Back
Boys	13-14	50m Back
Girls	13-14	50m Back
Boys	15-16	50m Back
Girls	15-16	50m Back
Boys	17&O	50m Back
Girls	17&O	50m Back
Boys	14&U	400m IM
Girls	14&U	400m IM
Boys	15&O	400m IM
Girls	15&O	400m IM
Boys	10&U	4X50m Free Relay
Girls	10&U	4X50m Free Relay
Boys	11-12	4X50m Free Relay
Girls	11-12	4X50m Free Relay
Boys	13-14	4X50m Free Relay
Girls	13-14	4X50m Free Relay
Boys	15-16	4x50m Free Relay
Girls	15-16	4 x 50m Free Relay
Boys	Open	4X50m Free Relay
Girls	Open	4X50m Free Relay

**Saturday 15 June 2019**

**Session 3**

Boys	10&U	100m Breast
Girls	10&U	100m Breast
Boys	11-12	100m Breast
Girls	11-12	100m Breast
Boys	13-14	100m Breast
Girls	13-14	100m Breast
Boys	15-16	100m Breast
Girls	15-16	100m Breast
Boys	17&O	100m Breast
Girls	17&O	100m Breast
Boys	10&U	50m Fly
Girls	10&U	50m Fly
Boys	11-12	50m Fly
Girls	11-12	50m Fly
Boys	13-14	50m Fly
Girls	13-14	50m Fly
Boys	15-16	50m Fly
Girls	15-16	50m Fly
Boys	17&O	50m Fly
Girls	17&O	50m Fly
Boys	10&U	200m Back
Girls	10&U	200m Back
Boys	11-12	200m Back
Girls	11-12	200m Back
Boys	13-14	200m Back
Girls	13-14	200m Back
Boys	15-16	200m Back
Girls	15-16	200m Back
Boys	17&O	200m Back
Girls	17&O	200m Back
Boys	Open	1500m Free
Girls	Open	1500m Free

**Sunday 16 June 2019**

**Session 4**

Boys	10&U	100m Fly
Girls	10&U	100m Fly
Boys	11-12	100m Fly
Girls	11-12	100m Fly
Boys	13-14	100m Fly
Girls	13-14	100m Fly
Boys	15-16	100m Fly
Girls	15-16	100m Fly
Boys	17&O	100m Fly
Girls	17&O	100m Fly
Boys	10&U	50m Breast
Girls	10&U	50m Breast
Boys	11-12	50m Breast
Girls	11-12	50m Breast
Boys	13-14	50m Breast
Girls	13-14	50m Breast
Boys	15-16	50m Breast
Girls	15-16	50m Breast
Boys	17&O	50m Breast
Girls	17&O	50m Breast
Boys	10&U	200m Free
Girls	10&U	200m Free
Boys	11-12	200m Free
Girls	11-12	200m Free
Boys	13-14	200m Free
Girls	13-14	200m Free
Boys	15-16	200m Free
Girls	15-16	200m Free
Boys	17&O	200m Free
Girls	17&O	200m Free
Boys	10&U	4X50m Medley Relay
Girls	10&U	4X50m Medley Relay
Boys	11-12	4X50m Medley Relay
Girls	11-12	4X50m Medley Relay
Boys	13-14	4X50m Medley Relay
Girls	13-14	4X50m Medley Relay
Boys	15-16	4x50m Medley Relay
Girls	15-16	4x50m Medley Relay
Boys	Open	4X50m Medley Relay
Girls	Open	4X50m Medley Relay

**Sunday 16 June 2019**

**Session 5**

Boys	Open	800m Free
Girls	Open	800m Free
Boys	10&U	200m IM
Girls	10&U	200m IM
Boys	11-12	200m IM
Girls	11-12	200m IM
Boys	13-14	200m IM
Girls	13-14	200m IM
Boys	15-16	200m IM
Girls	15-16	200m IM
Boys	17&O	200m IM
Girls	17&O	200m IM
Boys	10&U	50m Free
Girls	10&U	50m Free
Boys	11-12	50m Free
Girls	11-12	50m Free
Boys	13-14	50m Free
Girls	13-14	50m Free
Boys	15-16	50m Free
Girls	15-16	50m Free
Boys	17&O	50m Free
Girls	17&O	50m Free
Mixed	10&U	4X50m Medley Relay
Mixed	11-12	4X50m Medley Relay
Mixed	13-14	4X50m Medley Relay
Mixed	15-16	4x50m Medley Relay
Mixed	Open	4x50m Medley Relay