

Meet Programme

Session 1 – Friday 14th November

Warm-up 6.15pm – Start 7.15pm

Event 101 200 Freestyle Female

Event 102 200 Freestyle Male/Open

Session 2 – Saturday 15th November

Warm-up 8am – Start 9am

Event 201 400 IM Male/Open

Event 202 400 Freestyle Female

Session 3 – Saturday 15th November

Warm-up 11am – Start 12pm

Event 301 100 Freestyle Male/Open

Event 302 50 Breaststroke Female

Event 303 50 Backstroke Male/Open

Event 304 100 Butterfly Female

Event 305 200 Butterfly Male/Open

Event 306 200 Backstroke Female

15-minute break before Finals

Session 3 Finals

Event 307 100 Freestyle Male/Open

Event 308 100 Freestyle Male/Open

Event 309 100 Butterfly Female

Event 310 100 Butterfly Female

Event 311 50 Backstroke Male/Open

Event 312 50 Backstroke Male/Open

Event 313 50 Breaststroke Female

Event 314 50 Breaststroke Female

Session 4 – Saturday 15th November

Warm-up 3.15pm – Start 4.15pm

Event 401 200 IM Male/Open

Event 402 50 Freestyle Female

Event 403 50 Butterfly Male/Open

Event 404 100 Backstroke Female

Event 405 100 Breaststroke Male/Open

Event 406 200 Breaststroke Female

15-minute break before Finals

Session 4 Finals

Event 407 50 Freestyle Female

Event 408 50 Freestyle Female

Event 409 50 Butterfly Male/Open

Event 410 50 Butterfly Male/Open

Event 411 100 Backstroke Female

Event 412 100 Backstroke Female

Event 413 100 Breaststroke Male/Open

Event 414 100 Breaststroke Male/Open

Session 5 – Sunday 16th November

Warm-up 8am – Start 9am

Event 501 400 IM Female

Event 502 400 Freestyle Male/Open

Session 6 – Sunday 16th November

Warm-up 11am – Start 12pm

Event 601 100 Freestyle Female

Event 602 50 Breaststroke Male/Open

Event 603 50 Backstroke Female

Event 604 100 Butterfly Male/Open

Event 605 200 Butterfly Female

Event 606 200 Backstroke Male/Open

15-minute break before Finals

Session 6 Finals

Event 607 100 Freestyle Female

Event 608 100 Freestyle Female

Event 609 100 Butterfly Male/Open

Event 610 100 Butterfly Male/Open

Event 611 50 Backstroke Female

Event 612 50 Backstroke Female

Event 613 50 Breaststroke Male/Open

Event 614 50 Breaststroke Male/Open

Session 7 – Sunday 16th November

Warm-up 3.15pm – Start 4.15pm

Event 701 200 IM Female

Event 702 50 Freestyle Male/Open

Event 703 50 Butterfly Female

Event 704 100 Backstroke Male/Open

Event 705 100 Breaststroke Female

Event 706 200 Breaststroke Male/Open

15-minute break before Finals

Session 7 Finals

Event 707 50 Freestyle Male/Open

Event 708 50 Freestyle Male/Open

Event 709 50 Butterfly Female

Event 710 50 Butterfly Female

Event 711 100 Backstroke Male/Open

Event 712 100 Backstroke Male/Open

Event 713 100 Breaststroke Female

Event 714 100 Breaststroke Female