

Event #	Session 1 (Open)	Est timing -		Event #	Session 2 (Senior)	Est timing -		Event #	Session 5 (Senior)	Est timing -	
101	800 Free Open/Male	Session 1	Time:	201	Female 50m Breaststroke	Session 2	Time:	501	Open/Male 50m Breaststroke	Session 5	Time:
102	800 Free Female	Warm up	5-5:30pm	202	Open/Male 50m Backstroke	Warm up	7:45-8:25am	502	Female 50m Backstroke	Warm up	7:45-8:25am
103	Open/Male 400m IM (S)	Race Duration	5:30-7:45pm	203	Female 200m Freestyle	Race Duration	8:30-11:15am	503	Open/Male 200m Freestyle	Race Duration	8:30-11:15am
104	Female 400m IM (S)	Est Finish	7:45pm	204	Open/Male 200m Breaststroke	Est Finish	11:15am	504	Female 200m Breaststroke	Est Finish	11:15am
105	1500 Free Open/Male			205	Female 100m Butterfly			505	Open/Male 100m Butterfly		
106	1500 Free Female			206	Open/Male 100m Backstroke			506	Female 100m Backstroke		
				207	Female 200m Butterfly			507	Open/Male 200m Butterfly		
					15min break - W.up/S.Down				15min break - W.up/S.Down		
				208	Open/Male 50m Butterfly			508	Female 50m Butterfly		
				209	Female 200m Backstroke			509	Open/Male 200m Backstroke		
				210	Open/Male 400m Freestyle (S)			510	Female 400m Freestyle (S)		
				211	Female 100m Breaststroke			511	Open/Male 100m Breaststroke		
				212	Open/Male 100m Freestyle			512	Female 100m Freestyle		
				213	Female 50m Freestyle			513	Open/Male 50m Freestyle		
				214	Open/Male 200m IM			514	Female 200m IM		

Event #	Session 3 (Junior)	Est timing -		Event #	Session 6 (Junior)	Est timing -	
301	Open/Male 200m IM	Session 3	Time:	601	Female 200m IM	Session 6	Time:
302	Female 200m Freestyle	Warm up	12-12:40	602	Open/Male 200m Freestyle	Warm up	12-12:40
303	Open/Male 200m Breaststroke	Race Duration	12:45-2:50pm	603	Female 200m Breaststroke	Race Duration	12:45-2:50pm
304	Female 100m Butterfly	Est Finish	2:50pm	604	Open/Male 100m Butterfly	Est Finish	2:50pm
305	Open/Male 100m Backstroke			605	Female 100m Backstroke		
306	Female 200m Backstroke			606	Open/Male 200m Backstroke		
307	Open/Male 400m Freestyle			607	Female 400m Freestyle		
308	Female 100m Breaststroke			608	Open/Male 100m Breaststroke		
309	Open/Male 100m Freestyle			609	Female 100m Freestyle		
310	Female 200m Butterfly			610	Open/Male 200m Butterfly		

Session 4 (Finals)		Est timing -		Session 7 (Finals)		Est timing -	
Open	Female 400 IM (F)	Session 4	Time:	Open	Open/Male 400 IM (F)	Session 7	Time:
Senior	Female 50m Breaststroke	Warm up	3:30-4pm	Senior	Open/Male 50m Breaststroke	Warm up	3:30-4pm
Senior	Open/Male 50m Backstroke	Race Duration	4:05pm-5:55pm	Senior	Female 50m Backstroke	Race Duration	4:05pm-5:55pm
Grass	Female 200m Freestyle	Est Finish	5:55pm	Grass	Open/Male 200m Freestyle	Est Finish	5:55pm
Junior	Female 200m Freestyle			Junior	Open/Male 200m Freestyle		
Senior	Female 200m Freestyle			Senior	Open/Male 200m Freestyle		
Grass	Open/Male 200m Breaststroke			Grass	Female 200m Breaststroke		
Junior	Open/Male 200m Breaststroke			Junior	Female 200m Breaststroke		
Senior	Open/Male 200m Breaststroke			Senior	Female 200m Breaststroke		
Junior	Female 100m Butterfly			Junior	Open/Male 100m Butterfly		
Senior	Female 100m Butterfly			Senior	Open/Male 100m Butterfly		
Junior	Open/Male 100m Backstroke			Junior	Female 100m Backstroke		
Senior	Open/Male 100m Backstroke			Senior	Female 100m Backstroke		
Junior	Female 200m Butterfly			Junior	Open/Male 200m Butterfly		
Senior	Female 200m Butterfly			Senior	Open/Male 200m Butterfly		
Senior	Open/Male 50m Butterfly			Senior	Female 50m Butterfly		
Senior	Female 50m Freestyle			Senior	Open/Male 50m Freestyle		
Grass	Female 200m Backstroke			Grass	Open/Male 200m Backstroke		
Junior	Female 200m Backstroke			Junior	Open/Male 200m Backstroke		
Senior	Female 200m Backstroke			Senior	Open/Male 200m Backstroke		
Senior	Open/Male 400m Freestyle (F)			Senior	Female 400m Freestyle (F)		
Junior	Female 100m Breaststroke			Junior	Open/Male 100m Breaststroke		
Senior	Female 100m Breaststroke			Senior	Open/Male 100m Breaststroke		
Junior	Open/Male 100m Freestyle			Junior	Female 100m Freestyle		
Senior	Open/Male 100m Freestyle			Senior	Female 100m Freestyle		
Grass	Open/Male 200m IM			Grass	Female 200m IM		
Junior	Open/Male 200m IM			Junior	Female 200m IM		
Senior	Open/Male 200m IM			Senior	Female 200m IM		