

Session 1

Warm up 1	Open/Male (81)	13:15 - 13:30	
Warm up 2	Female (92)	13:30 - 13:45	
Warm ups :- Maximum 12 swimmers per lane			
Lanes 1,2,7,8 will be used for starts for the last 5 minutes of each warm-up session			
Event		Approximate Start Time	Heats
101	Open/Male 400m Freestyle	13:50	4
102	Female 100m Butterfly	14:18	4
103	Open/Male 50m Backstroke	14:28	8
104	Female 50m Breaststroke	14:42	10
105	Open/Male 100m Freestyle	14:57	10
106	Female 200m IM	15:18	8
	Approximate Finish	15:53	

Session 2

Warm up 1	Female incl only Buxton swimming in 400 free (84)	16:15 - 16:30	
Warm up 2	Open/Male (69) and Buxton female not swimming in 400 free (18)	16:30 - 16:45	
Warm ups :- Maximum 12 swimmers per lane			
Lanes 1,2,7,8 will be used for starts for the last 5 minutes of each warm-up session			
Event		Approximate Start Time	Heats
201	Female 400m Freestyle	16:50	4
202	Open/Male 100m Butterfly	17:18	3
203	Female 50m Backstroke	17:25	12
204	Open/Male 50m Breaststroke	17:46	8
205	Female 100m Freestyle	17:58	12
206	Open/Male 200m IM	18:24	6
	Approximate Finish	18:50	