

Saturday 19 June			Saturday 19 June			Sunday 20 June		
Session 1			Session 2			Session 3		
Warm-Up: 8am – 8:50am Competition: 9am			Warm-Up: 3pm - 3:50pm Competition: 4pm			Warm-Up: 8am - 8:50am Competition: 9am		
1	100m Individual Medley	F	8	100m Freestyle	М	18	50m Butterfly	F
2	100m Individual Medley	М	9	100m Freestyle	F	19	50m Butterfly	М
101	100m Individual Medley - MC	Mix	104	100m Freestyle - MC	Mix	107	50m Butterfly - MC	Mix
3	50m Backstroke	F	10	50m Breaststroke	М	20	100m Backstroke	М
4	50m Backstroke	М	11	50m Breaststroke	F	21	100m Backstroke	F
102	50m Backstroke - MC	Mix	105	50m Breaststroke - MC	Mix	108	100m Backstroke - MC	Mix
5	100m Breaststroke	F	12	100m Butterfly	М	22	50m Freestyle	F
6	100m Breaststroke	М	13	100m Butterfly	F	23	50m Freestyle	М
103	100m Breaststroke - MC	Mix	106	100m Butterfly - MC	Mix	109	50m Freestyle - MC	Mix
7	6 x 50m Freestyle Relay	Mix	14	Skins (Random Medley)	F	24	4 x 50m Medley Relay - 15&U	F
				4 x 50m - 15&U	Г	25	4 x 50m Medley Relay - 15&U	М
			15	Skins (Random Medley) 4 x 50m - 15&U	М	26	4 x 50m Medley Relay - 16&O	F
			15			27	4 x 50m Medley Relay - 16&O	М
			16	Skins (Random Medley)	F	28	4 x 25m Water Polo Relay	Mix
				4 x 50m - 16&O	L	29	Elimination 200m - 15&U	F
			17	Skins (Random Medley) 4 x 50m - 16&O	М	30	Elimination 200m - 15&U	М
						31	Elimination 200m - 16&O	F
						32	Elimination 200m - 16&O	М
						33	4 x 25m Freestyle Kick Relay	Mix
						34	4 x 50m Freestyle Relay - 15&U	F
						35	4 x 50m Freestyle Relay - 15&U	М
						36	4 x 50m Freestyle Relay - 16&O	F
						37	4 x 50m Freestyle Relay - 16&O	М

