






**\*\*WARM UP AND START TIMES WILL BE CONFIRMED ONCE NUMBERS ARE FINALISED**

SESSION ONE: Friday	21 January	WARM UP: 4.00pm	START: 5.00pm
SESSION TWO: Saturday	22 January	WARM UP: TBC	START: TBC
SESSION THREE: Saturday	22 January	WARM UP: TBC	START: TBC
SESSION FOUR: Sunday	23 January	WARM UP: TBC	START: TBC
SESSION FIVE: Sunday	23 January	WARM UP: 45 MINUTES (1 HOUR AFTER COMPLETION OF S4)	

AGE GROUPS FOR 200/400M EVENTS ARE: 11 & UNDER, 12-13, 14-15, 16 & OVER.  
 AGE GROUPS FOR 50/100M EVENTS ARE: 9 & UNDER, 10, 11,12, 13, 14,15, 16, 17 & OVER

Session One: Friday afternoon

1. FEMALE	400M FREESTYLE	TIMED FINALS
2. MALE	400M FREESTYLE	TIMED FINALS
3. FEMALE	50M BACKSTROKE	TIMED FINALS
4. MALE	50M BACKSTROKE	TIMED FINALS
5. FEMALE	200M BREASTSTROKE	TIMED FINALS
6. MALE	200M BREASTSTROKE	TIMED FINALS
7. FEMALE	100M BUTTERFLY	Heats
8. MALE	100M BUTTERFLY	Heats
9. 11 & UNDER	2X50M	FREESTYLE RELAY
10. 12-13	2X50M	FREESTYLE RELAY
11. 14 & OVER	2X50M	FREESTYLE RELAY

Session Two: Saturday morning

12. FEMALE	200M MEDLEY	TIMED FINALS
13. MALE	200M MEDLEY	TIMED FINALS
14. FEMALE	100M BACKSTROKE	Heats
15. MALE	100M BACKSTROKE	Heats
FEMALE	100M BUTTERFLY	OPEN FINALS
MALE	100M BUTTERFLY	OPEN FINALS
16. FEMALE	50M BREASTSTROKE	TIMED FINALS
17. MALE	50M BREASTSTROKE	TIMED FINALS
18. 11 & UNDER	4 X 50M	FREESTYLE RELAY
19. 12-13	4 X 50M	FREESTYLE RELAY
20. 14 & OVER	4 X 50M	FREESTYLE RELAY
*MIXED	800M FREESTYLE	LONG DISTANCE CHALLENGE
*MIXED	1500M FREESTYLE	LONG DISTANCE CHALLENGE

*\*There will be one heat maximum for each of these events.*



Swimming Northland

13 January at 11:33 · 🌐



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