

SESSIONS

Session 1	Session 2	Session 3	Session 4
• 13 and under 4 x 50 (200) Freestyle (Female) • 13 and under 4 x 50 (200) Freestyle (Male) • Mixed 100 IM Multiclass • 11 years Female 100 IM • 11 years Male 100 IM • 12 years Female 100 IM • 12 years Male 100 IM • 13 years Female 100 IM • 13 years Male 100 IM • Mixed 50 Free Multiclass • 11 years Female 50 Free • 11 years Male 50 Free • 12 years Female 50 Free • 12 years Male 50 Free • 13 years Female 50 Free • 13 years Male 50 Free • Mixed 100 Breast Multiclass • 11 years Female 100 Breast • 11 years Male 100 Breast • 12 years Female 100 Breast • 12 years Male 100 Breast • 13 years Female 100 Breast • 13 years Male 100 Breast • Mixed 50 Backstroke Multiclass • 11 years Female 50 Backstroke • 11 years Male 50 Backstroke • 12 years Female 50 Backstroke • 12 years Male 50 Backstroke • 13 years Female 50 Backstroke • 13 years Male 50 Backstroke • 13 and under 4 x 50 (200) Freestyle (Mixed)	• 13 and under 6 x 50 (300) Freestyle (Female) • 13 and under 6 x 50 (300) Freestyle (Male) • Mixed 100 Free Multiclass • 11 years Female 100 Free • 11 years Male 100 Free • 12 years Female 100 Free • 12 years Male 100 Free • 13 years Female 100 Free • 13 years Male 100 Free • 11 years Female 200 Back • 11 years Male 200 Back • 12 years Female 200 Back • 12 years Male 200 Back • 13 years Female 200 Back • 13 years Male 200 Back • Mixed 50 Fly Multiclass • 11 years Female 50 Fly • 11 years Male 50 Fly • 12 years Female 50 Fly • 12 years Male 50 Fly • 13 years Female 50 Fly • 13 years Male 50 Fly • 13 and under 6 x 50 (300) Freestyle (Mixed)	• 13 and under 4 x 50 (200) Medley Relay(Female) • 13 and under 4 x 50 (200) Medley Relay (Male) • 11 years Female 200 Free • 11 years Male 200 Free • 12 years Female 200 Free • 12 years Male 200 Free • 13 years Female 200 Free • 13 years Male 200 Free • 11 years Female 200 Breast • 11 years Male 200 Breast • 12 years Female 200 Breast • 12 years Male 200 Breast • 13 years Female 200 Breast • 13 years Male 200 Breast • 11 years Female 100 Fly • 11 years Male 100 Fly • 12 years Female 100 Fly • 12 years Male 100 Fly • 13 years Female 100 Fly • 13 years Male 100 Fly	• 13 and under 4 x 50 (200) Medley Relay Mixed • 11 years Female 200 IM • 11 years Male 200 IM • 12 years Female 200 IM • 12 years Male 200 IM • 13 years Female 200 IM • 13 years Male 200 IM • Mixed 50 Breast Multiclass • 11 years Female 50 Breast • 11 years Male 50 Breast • 12 years Female 50 Breast • 12 years Male 50 Breast • 13 years Female 50 Breast • 13 years Male 50 Breast • Mixed 100 Back Multiclass • 11 years Female 100 Back • 11 years Male 100 Back • 12 years Female 100 Back • 12 years Male 100 Back • 13 years Female 100 Back • 13 years Male 100 Back