



## PROGRAMME OF EVENTS

<b>Session 1</b>	<b>Sunday 16 September</b>	<b>Session 2</b>	<b>Sunday 16 September</b>
<b>Warm-Up</b>	<b>9:00 am</b>	<b>Warm-Up</b>	<b>TBC</b>
<b>Start</b>	<b>9:45 am</b>	<b>Start</b>	<b>TBC</b>

Event 101	Ladies 100m IM	Event 201	Mixed 200m Butterfly
Event 102	Mens 100m IM	Event 202	Mixed 200m Breaststroke
Event 103	Mixed 200m Freestyle	Event 203	Ladies 50m Butterfly
Event 104	Ladies 50m Backstroke	Event 204	Mens 50m Butterfly
Event 105	Mens 50m Backstroke	Event 205	Ladies 100m Freestyle
Event 106	Ladies 100m Breaststroke	Event 206	Mens 100m Freestyle
Event 107	Mens 100m Breaststroke	Event 207	Ladies 50m Breaststroke
Event 108	Ladies 50m Freestyle	Event 208	Mens 50m Breaststroke
Event 109	Mens 50m Freestyle	Event 209	Ladies 100m Backstroke
Event 110	Ladies 100m Butterfly	Event 210	Mens 100m Backstroke
Event 111	Mens 100m Butterfly	Event 211	Mixed 200m IM
Event 112	Mixed 200m Backstroke	Event 212	Mixed 1500m Freestyle
Event 113	Mixed 800m Freestyle		