

The following Warm Up and Session times are provisional

Provisional Timings							
Saturday 9th March 2019				Sunday 10th March 2019			
<b>Session 1</b>				<b>Session 4</b>			
Warm up	7.45am-8.15am			Warm up	7.45am-8.15am		
Main Session	8.20am-9.50am			Main Session	8.20am-9.50am		
Event				Event			
	1 Male	100m	Freestyle		27 Female	100m	Freestyle
	2 Female	200m	I.M.		28 Male	200m	I.M.
<b>Session 2</b>				<b>Session 5</b>			
Warm up	10.10am-11.10am			Warm up	10.10am-11.10am		
Main Session	11.15am-2.15pm			Main Session	11.15am-2.15pm		
Event				Event			
	3 Male	50m	backstroke		29 Female	50m	backstroke
	4 Female	50m	breaststroke		30 Male	50m	breaststroke
	5 Male	100m	I.M.		31 Female	100m	I.M.
	6 Female	100m	backstroke		32 Male	100m	backstroke
	7 Male	200m	backstroke		33 Female	200m	backstroke
	8 Female	200m	butterfly		34 Male	200m	butterfly
	10min break				10min break		
	9 Male	50m	9yr Backstroke final		35 Female	50m	9yr Backstroke final
	10 Male	50m	10yr Backstroke final		36 Female	50m	10yr Backstroke final
	11 Male	50m	11yr Backstroke final		37 Female	50m	11yr Backstroke final
	12 Female	50m	9yr Breaststroke final		38 Male	50m	9yr Breaststroke final
	13 Female	50m	10yr Breaststroke final		39 Male	50m	10yr Breaststroke final
	14 Female	50m	11yr Breaststroke final		40 Male	50m	11yr Breaststroke final
<b>Session 3</b>				<b>Session 6</b>			
Warm up	2.55pm-3.55pm			Warm up	2.55pm-3.55pm		
Main Session	4pm-7pm			Main Session	4pm-7pm		
Event				Event			
	15 Male	50m	Butterfly		41 Female	50m	Butterfly
	16 Female	50m	Freestyle		42 Male	50m	Freestyle
	17 Male	200m	Breaststroke		43 Female	200m	Breaststroke
	18 Female	100m	Breaststroke		44 Male	100m	Breaststroke
	19 Male	100m	Butterfly		45 Female	100m	Butterfly
	20 Female	200m	Freestyle		46 Male	200m	Freestyle
	10min break				10min break		
	21 Male	50m	9yr Butterfly final		47 Female	50m	9yr Butterfly final
	22 Male	50m	10yr Butterfly final		48 Female	50m	10yr Butterfly final
	23 Male	50m	11yr Butterfly final		49 Female	50m	11yr Butterfly final
	24 Female	50m	9yr Freestyle final		50 Male	50m	9yr Freestyle final
	25 Female	50m	10yr Freestyle final		51 Male	50m	10yr Freestyle final
	26 Female	50m	11yr Freestyle final		52 Male	50m	11yr Freestyle final