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TOGETHER EVERYBODY ACHIEVES MORE

Provisional timings and event schedule

Saturday 7th October 2023

SESSION 1

Warm-Up 8:00 - 8:45
Main Competition 8:55 - TBC

1	Open/Male	400m	I.M
2	Female	400m	Freestyle
3	Open/Male	50m	Freestyle
4	Female	100m	Backstroke

Sunday 8th October 2023

SESSION 4

Warm-Up 8:00 - 8:45
Main Competition 8:55 - TBC

16	Female	400m	I.M
17	Open/Male	400m	Freestyle
18	Female	50m	Freestyle
19	Open/Male	100m	Backstroke

SESSION 2

Warm-Up TBC
Main Competition TBC

5	Open/Male	200m	Backstroke
6	Female	100m	Butterfly
7	Open/Male	50m	Breaststroke
8	Female	200m	I.M
9	Open/Male	200m	Butterfly
10	Female	100m	Breaststroke

SESSION 5

Warm-Up TBC
Main Competition TBC

20	Female	200m	Backstroke
21	Open/Male	100m	Butterfly
22	Female	50m	Breaststroke
23	Open/Male	200m	I.M
24	Female	200m	Butterfly
25	Open/Male	100m	Breaststroke

SESSION 3

Warm-Up TBC
Main Competition TBC

11	Open/Male	50m	Backstroke
12	Female	200m	Freestyle
13	Open/Male	200m	Breaststroke
14	Female	50m	Butterfly
15	Open/Male	100m	Freestyle

SESSION 6

Warm-Up TBC
Main Competition TBC

26	Female	50m	Backstroke
27	Open/Male	200m	Freestyle
28	Female	200m	Breaststroke
29	Open/Male	50m	Butterfly
30	Female	100m	Freestyle