

Programme of events

Provisional timings – to be confirmed

Saturday 5th Oct 2019				Sunday 6th Oct 2019			
SESSION 1				SESSION 4			
Warm-Up		7.30am-8.00am		Warm-Up		7.30am-8.00am	
Main Competition		8.10am-10.10am		Main Competition		8.10am-10.10am	
1	Male	400m	I.M.	16	Female	400m	I.M.
2	Female	400m	Freestyle	17	Male	400m	Freestyle
3	Male	50m	Freestyle	18	Female	50m	Freestyle
4	Female	100m	Backstroke	19	Male	100m	Backstroke
SESSION 2				SESSION 5			
Warm-Up		10.45am-11.35am		Warm-Up		10.45am-11.35am	
Main Competition		11.45am-2.15pm		Main Competition		11.45am-2.15pm	
5	Male	200m	Backstroke	20	Female	200m	Backstroke
6	Female	100m	Butterfly	21	Male	100m	Butterfly
7	Male	100m	Breaststroke	22	Female	100m	Breaststroke
8	Female	200m	IM	23	Male	200m	IM
9	Male	200m	Butterfly	24	Female	200m	Butterfly
10	Female	50m	Breaststroke	25	Male	50m	Breaststroke
SESSION 3				SESSION 6			
Warm-Up		3.30pm-4.20pm		Warm-Up		3.30pm-4.20pm	
Main Competition		4.30pm-7pm		Main Competition		4.30pm-7pm	
11	Male	50m	Backstroke	26	Female	50m	Backstroke
12	Female	200m	Freestyle	27	Male	200m	Freestyle
13	Male	200m	Breaststroke	28	Female	200m	Breaststroke
14	Female	50m	Butterfly	29	Male	50m	Butterfly
15	Male	100m	Freestyle	30	Female	100m	Freestyle