

Programme of Events

Saturday 29 th April 2023	Sunday 30 th April 2023	Monday 1 st May 2023
Session One A – Heats 9am	Session Three A – Heats 9am	Session Five A – Heats 9am
Men's 400m I.M. Women's 200m Freestyle Men's 200m Freestyle Women's 50m Backstroke Men's 200m Backstroke Women's 200m Butterfly Men's 100m Butterfly Women's 100m Breaststroke Men's 50m Breaststroke Women's 200m I.M	Women's 100m Backstroke Men's 100m Breaststroke Women's 400m I.M. Men's 200m I.M. Women's 50m Breaststroke Men's 50m Backstroke Women's 100m Butterfly Men's 200m Butterfly Women's 100m Freestyle Men's 100m Freestyle	Men's 400m Freestyle Women's 400m Freestyle Men's 50m Butterfly Women's 50m Butterfly Men's 200m Breaststroke Women's 200m Backstroke Men's 100m Backstroke Women's 50m Freestyle Men's 50m Freestyle Women's 200m Breaststroke
Session One B – Heats 1pm tbc	Session Three B – Heats 1pm tbc	Session Five B – Heats 1pm tbc
Men's 4x100m Medley Teams H.D.W. Women's 4x200m Freestyle Teams H.D.W. Men's 1500m Freestyle H.D.W.	Women's 4x100m Medley Teams H.D.W. Men's 4x200m Freestyle Teams H.D.W. Women's 1500m Freestyle H.D.W.	Men's 4x100m Freestyle Teams H.D.W. Women's 4x100m Freestyle Teams H.D.W. Mixed 800m Freestyle H.D.W.
Session Two – Finals 5pm	Session Four – Finals 5pm	Session Six – Finals 5pm
Open & Junior Finals of Men's 400m I.M. Women's 200m Freestyle Men's 200m Freestyle Women's 50m Backstroke Men's 200m Backstroke Women's 200m Butterfly Men's 100m Butterfly Women's 100m Breaststroke Men's 50m Breaststroke Women's 200m I.M.	Open & Junior Finals of Women's 100m Backstroke Men's 100m Breaststroke Women's 400m I.M. Men's 200m I.M. Women's 50m Breaststroke Men's 50m Backstroke Women's 100m Butterfly Men's 200m Butterfly Women's 100m Freestyle Men's 100m Freestyle	Open & Junior Finals of Men's 400m Freestyle Women's 400m Freestyle Men's 50m Butterfly Women's 50m Butterfly Men's 200m Breaststroke Women's 200m Backstroke Men's 100m Backstroke Women's 50m Freestyle Men's 50m Freestyle Women's 200m Breaststroke

There may have to be more than one Heat Session, with a separate Warm Up.
Further information will be issued once entries have closed.