

Licence Numbers : 2ER230017, 2ER230018, 2ER230019

WEEKEND 1

SATURDAY 21st JANUARY 2023

SESSION 1 : Warm up 13:00 Start 13:50

Female	100m Butterfly	HEATS
Male	100m Backstroke	HEATS
Female	200m Backstroke	HEATS
Female	100m Butterfly	FINALS
Male	100m Backstroke	FINALS
Female	200m Backstroke	Championship FINAL

BREAK

SESSION 2 : Warm up t.b.c. Start t.b.c.

Male	100m Butterfly	HEATS
Female	100m Backstroke	HEATS
Male	200m Backstroke	HEATS
Male	100m Butterfly	FINALS
Female	100m Backstroke	FINALS
Male	200m Backstroke	Championship FINAL

SUNDAY 22nd JANUARY 2023

SESSION 3 : Warm up 09:00 Start 09:50

Mixed	800m Freestyle	TIMED FINALS
Male	50m Backstroke	HEATS
Mixed Championship	4 x 50m Freestyle Relay	HEATS
Female Age Group	4 x 50m Medley Relay	TIMED FINALS
Male Junior Championship	4 x 50m Freestyle Relay	TIMED FINALS
Mixed Age Group	4 x 50m Medley Relay	TIMED FINALS
Male	50m Backstroke	FINALS
Mixed Championship	4 x 50m Freestyle Relay	Championship FINAL

BREAK

SESSION 4 : Warm up t.b.a. Start t.b.a.

Female	100m Freestyle	HEATS
Male	100m Breaststroke	HEATS
Female	200m Breaststroke	HEATS
Female	100m Freestyle	FINALS
Male	100m Breaststroke	FINALS
Female	200m Breaststroke	Championship FINAL

WEEKEND 2

SATURDAY 28th JANUARY 2023

SESSION 5 : Warm up 13:00 Start 13:50

Male	100m Freestyle	HEATS
Female	100m Breaststroke	HEATS
Male	200m Breaststroke	HEATS
Male	100m Freestyle	FINALS
Female	100m Breaststroke	FINALS
Male	200m Breaststroke	Championship FINAL

BREAK

SESSION 6 : Warm up t.b.c. Start t.b.c.

Female	50m Freestyle	HEATS
Male	100m Ind. Medley	HEATS
Female	200m Butterfly	HEATS
Male	50m Butterfly	HEATS
Female	50m Freestyle	FINALS
Male	100m Ind. Medley	FINALS
Female	200m Butterfly	Championship FINAL
Male	50m Butterfly	FINALS

SUNDAY 29th JANUARY 2022

SESSION 7 : Warm up 9:00 Start 9:50

Mixed	1500m Freestyle	TIMED FINALS
Female Championship	4 x 50m Medley	HEATS
Mixed Age Group	4 x 50m Freestyle	TIMED FINALS
Female Junior Championship	4 x 50 Medley Relay	TIMED FINALS
Male Age Group	4 x 50m Freestyle Relay	TIMED FINALS
Mixed Junior Championship	4 x 50m Medley Relay	TIMED FINALS
Female Championship	4 x 50m Medley Relay	Championship FINAL

BREAK

SESSION 8 : Warm up t.b.a. Start t.b.a.

Male	50m Freestyle	HEATS
Female	100m Ind. Medley	HEATS
Male	200m Butterfly	HEATS
Female	50m Butterfly	HEATS
Male	50m Freestyle	FINALS
Female	100m Ind. Medley	FINALS
Male	200m Butterfly	Championship FINAL
Female	50m Butterfly	FINALS

WEEKEND 3

SATURDAY 4th FEBRUARY 2023

SESSION 9 : Warm up 13:00 Start 13:50

Female	50m Breaststroke	HEATS
Male	400m Ind. Medley	TIMED FINALS
Female	400m Freestyle	TIMED FINALS
Male	200m Freestyle	HEATS
Female	50m Breaststroke	FINALS
Male	200m Freestyle	Championship FINAL

BREAK

SESSION 10 : Warm up t.b.c Start t.b.c

Male	200m Ind Medley	HEATS
Female	200m Freestyle	HEATS
Male Championship	4 x 50m Medley Relay	HEATS
Mixed Junior Championship	4 x 50m Freestyle Relay	TIMED FINALS
Male Age Group	4 x 50m Medley Relay	TIMED FINALS
Female Junior Championship	4 x 50m Freestyle Relay	TIMED FINALS
Male	200m Ind Medley	Championship FINAL
Female	200m Freestyle	Championship FINAL
Male Championship	4 x 50m Medley Relay	Championship FINAL

SUNDAY 5th FEBRUARY 2023

SESSION 11 : Warm up 9:00 Start 9:50

Female	50m Backstroke	HEATS
Male	50m Breaststroke	HEATS
Female	400m Ind. Medley	TIMED FINALS
Male	400m Freestyle	TIMED FINALS
Female	200m Ind. Medley	HEATS
Female	50m Backstroke	FINALS
Male	50m Breaststroke	FINALS
Female	200m Ind. Medley	Championship FINAL

BREAK

SESSION 12 : Warm up t.b.c Start t.b.c

Mixed Championship	4 x 50m Medley Relay	HEATS
Female Championship	4 x 50m Freestyle Relay	HEATS
Male Championship	4 x 50m Freestyle Relay	HEATS
Female Age Group	4 x 50m Freestyle Relay	TIMED FINALS
Male Junior Championship	4 x 50m Medley Relay	TIMED FINALS
Mixed Championship	4 x 50m Medley Relay	Championship FINAL
Female	4 x 50m Freestyle Relay	Championship FINAL
Male	4 x 50m Freestyle Relay	Championship FINAL