

APPENDIX 2: Programme of Events

i) Programme Summary

Day 1		Day 2		Day 3	
200	Freestyle (HDW)	400	IM (HDW)	400	Freestyle (HDW)
100	Breaststroke	100	Backstroke	50	Freestyle
200	Medley (HDW)	200	Butterfly (HDW)		
		50	Breaststroke		
Lunch		Lunch		Finals (time permitting)	
100	Butterfly	50	Butterfly	4 x 50	Medley Relays
50	Backstroke	200	Backstroke (HDW)	50m Free	12 & Over
200	Breaststroke (HDW)	100	Freestyle	Awards	
Finals (time permitting)				HDW: Heat Declared Winner. (no finals for these events). Swum in age groups for fastest heats. Heats (Timed Finals) for 11 & Under age groups will be swum as Multi-age Super Seed (Fastest age group heat for top 8 or 10 entry seed times for 9 years, 10 years, 11 years).	
Day 1		Day 2			
4x50	Free Relays 11&U	100 Backstroke	12 & Over		
100 Breaststroke	12 & Over	50 Breaststroke	12 & Over		
100 Fly	12 & Over	50 Butterfly	12 & Over		
50 Backstroke	12 & Over	100 Freestyle	12 & Over		
4 x50	Free Relays 12 & O				

ii) Full Programme of Events

Event Number	Distance	Stroke	Age Groups		
Day 1					
Session 1					
101	200	Girls Freestyle	12,13,14,15,16&O	HDW	
102	200	Boys Freestyle	12,13,14,15,16&O	HDW	
103	100	Girls Breaststroke	9,10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
104	100	Boys Breaststroke	9,10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
105	200	Girls Medley	12,13,14,15,16&O	HDW	
106	200	Boys Medley	12,13,14,15,16&O	HDW	
Session 2					
201	100	Girls Butterfly	10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
202	100	Boys Butterfly	10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
203	50	Girls Backstroke	9,10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
204	50	Boys Backstroke	9,10,11,12,13,14,15,16&O		11 & U Multi-age Super Seed
205	200	Girls Breaststroke	12,13,14,15,16&O	HDW	
206	200	Boys	12,13,14,15,16&O	HDW	

		Breaststroke			
Session 3 - Finals					
301	Girls 4x50	Girls Free Relays 11&U	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
302	Boys 4x50	Boys Free Relays 11&U	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
103	Girls 100 Breaststroke	12 & Over	12,13,14,15,16&O		
104	Boys 100 Breaststroke	12 & Over	12,13,14,15,16&O		
201	Girls 100 Fly	12 & Over	12,13,14,15,16&O		
202	Boys 100 Fly	12 & Over	12,13,14,15,16&O		
203	Girls 50 Backstroke	12 & Over	12,13,14,15,16&O		
204	Boys 50 Backstroke	12 & Over	12,13,14,15,16&O		
303	Girls 4 x50	Free Relays 12 & Over	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
304	Boys 4 x50	Free Relays 12 & Over	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
Day 2					
Session 4					
401	Girls 400	IM	12,13,14,15,16&O	HDW	
402	Boys 400	IM	12,13,14,15,16&O	HDW	
403	Girls 100	Backstroke	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed

404	Boys 100	Backstroke	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
405	Girls 200	Butterfly	12,13,14,15,16&O	HDW	
406	Boys 200	Butterfly	12,13,14,15,16&O	HDW	
407	Girls 50	Breaststroke	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
407	Boys 50	Breaststroke	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
Session 5					
501	Girls 50	Butterfly	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
502	Boys 50	Butterfly	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
503	Girls 200	Backstroke	12,13,14,15,16&O	HDW	
504	Boys 200	Backstroke	12,13,14,15,16&O	HDW	
505	Girls 100	Freestyle	9,10,11,12,13,14,15, 16 &O		11 & U Multi-age Super Seed
506	Boys 100	Freestyle	9,10,11,12,13,14,15, 16 &O		11 & U Multi-age Super Seed
Session 6 - Finals					
403	Girls 100	Backstroke	9,10,11,12,13,14,15, 16&O		
404	Boys 100	Backstroke	9,10,11,12,13,14,15, 16&O		
407	Girls 50	Breaststroke	9,10,11,12,13,14,15,		

			16&O		
407	Boys 50	Breaststroke	9,10,11,12,13,14,15, 16&O		
501	Girls 50	Butterfly	9,10,11,12,13,14,15, 16&O		
502	Boys 50	Butterfly	9,10,11,12,13,14,15, 16&O		
505	Girls 100	Freestyle	9,10,11,12,13,14,15, 16 &O		
506	Boys 100	Freestyle	9,10,11,12,13,14,15, 16 &O		
Day 3					
Session 7					
701	Girls 400	Freestyle	12,13,14,15,16&O	HDW	
702	Boys 400	Freestyle	12,13,14,15,16&O	HDW	
703	Girls 50	Freestyle	9,10,11,12,13,14,15, 16&O		11 & U Multi-age Super Seed
704	Boys 50	Freestyle	9,10,11,12,13,14,15, 16&O		
Session 8 - Finals					
801	Grils 4 x 50	Medley Relays (15&O to 9&U)	9,10,11,12,13,14,15, 16&O		
802	Boys 4 x 50	Medley Relays (15&O to 9&U)	9,10,11,12,13,14,15, 16&O		
703	Girls 50	Freestyle	9,10,11,12,13,14,15, 16&O		
704	Boys 50	Freestyle	9,10,11,12,13,14,15, 16&O		