

**PROGRAMME OF EVENTS**  
**SATURDAY 29 January 2022**

Session	Event No	M/F	Event	Type
	Warm-up 11.30-12.30		Start 12.35	Estimated finish 15.30
6	88	Female	200m Individual Medley	HDW
	89	Male	100m Backstroke	Heats
	90	Female	50m Breaststroke	Heats
	91	Male	400m Freestyle	HDW
	92	Female	10/11 yrs 50m Breaststroke	Final
	93	Female	12 yrs 50m Breaststroke	Final
	94	Female	13 yrs 50m Breaststroke	Final
	95	Female	14yrs 50m Breaststroke	Final
	96	Female	15 yrs 50m Breaststroke	Final
	97	Female	16 yrs 50m Breaststroke	Final
	98	Female	17+ yrs 50m Breaststroke	Final
	99	Male	10/11 yrs 100m Backstroke	Final
	100	Male	12 yrs 100m Backstroke	Final
	101	Male	13 yrs 100m Backstroke	Final
	102	Male	14 yrs 100m Backstroke	Final
	103	Male	15 yrs 100m Backstroke	Final
	104	Male	16 yrs 100m Backstroke	Final
	105	Male	17+ yrs 100m Backstroke	Final

**Break (30 mins)**

	Warm-up 16.00-17.00*		Start 17.05	Estimated finish 19.45
7	106	Female	100m Freestyle	Heats
	107	Male	100m Breaststroke	Heats
	108	Female	200m Breaststroke	HDW
	109	Male	200m Butterfly	HDW
	110	Female	10/11 yrs 100m Freestyle	Final
	111	Female	12 yrs 100m Freestyle	Final
	112	Female	13 yrs 100m Freestyle	Final
	113	Female	14 yrs 100m Freestyle	Final
	114	Female	15 yrs 100m Freestyle	Final
	115	Female	16 yrs 100m Freestyle	Final
	116	Female	17+ yrs 100m Freestyle	Final
	117	Male	10/11 yrs 100m Breaststroke	Final
	118	Male	12 yrs 100m Breaststroke	Final
	119	Male	13 yrs 100m Breaststroke	Final
	120	Male	14 yrs 100m Breaststroke	Final
	121	Male	15 yrs 100m Breaststroke	Final
	122	Male	16 yrs 100m Breaststroke	Final
	123	Male	17+ yrs 100m Breaststroke	Final

\*Warm-up may begin up to 15 mins earlier than stated time