

**PROGRAMME OF EVENTS**  
**SUNDAY 30 JANUARY 2022**

Session	Event No	M/F	Event	Type
	Warm-up 11.30-12.30		Start 12.35	Estimated finish 15.20
8	124	Male	200m Individual Medley	HDW
	125	Female	100m Backstroke	Heats
	126	Male	50m Breaststroke	Heats
	127	Female	400m Freestyle	HDW
	128	Male	10/11 yrs 50m Breaststroke	Final
	129	Male	12 yrs 50m Breaststroke	Final
	130	Male	13 yrs 50m Breaststroke	Final
	131	Male	14yrs 50m Breaststroke	Final
	132	Male	15 yrs 50m Breaststroke	Final
	133	Male	16 yrs 50m Breaststroke	Final
	134	Male	17+ yrs 50m Breaststroke	Final
	135	Female	10/11 yrs 100m Backstroke	Final
	136	Female	12 yrs 100m Backstroke	Final
	137	Female	13 yrs 100m Backstroke	Final
	138	Female	14 yrs 100m Backstroke	Final
	139	Female	15 yrs 100m Backstroke	Final
	140	Female	16 yrs 100m Backstroke	Final
	141	Female	17+ yrs 100m Backstroke	Final

**Break (30 mins)**

	Warm-up 15.50-16.50*		Start 16.55	Estimated finish 19.25
9	142	Male	100m Freestyle	Heats
	143	Female	100m Breaststroke	Heats
	144	Male	200m Breaststroke	HDW
	145	Female	200m Butterfly	HDW
	146	Male	10/11 yrs 100m Freestyle	Final
	147	Male	12 yrs 100m Freestyle	Final
	148	Male	13 yrs 100m Freestyle	Final
	149	Male	14 yrs 100m Freestyle	Final
	150	Male	15 yrs 100m Freestyle	Final
	151	Male	16 yrs 100m Freestyle	Final
	152	Male	17+ yrs 100m Freestyle	Final
	153	Female	10/11 yrs 100m Breaststroke	Final
	154	Female	12 yrs 100m Breaststroke	Final
	155	Female	13 yrs 100m Breaststroke	Final
	156	Female	14 yrs 100m Breaststroke	Final
	157	Female	15 yrs 100m Breaststroke	Final
	158	Female	16 yrs 100m Breaststroke	Final
	159	Female	17+ yrs 100m Breaststroke	Final

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