

PROGRAMME OF EVENTS
SUNDAY 29 JANUARY 2023

Session	Event No	M/F	Event	Type	
Warm-up 11.40-12.25			Heats Start 12.30	Finals Start 15.20	Estimated finish 15.45
14	501	Male	200m Individual Medley	HDW	
	502	Female	100m Backstroke	Heats	
	503	Male	50m Breaststroke	Heats	
	504	Female	400m Freestyle	HDW	
15	505	Male	10/11 yrs 50m Breaststroke	Final	
	506	Male	12 yrs 50m Breaststroke	Final	
	507	Male	13 yrs 50m Breaststroke	Final	
	508	Male	14yrs 50m Breaststroke	Final	
	509	Male	15 yrs 50m Breaststroke	Final	
	510	Male	16 yrs 50m Breaststroke	Final	
	511	Male	17+ yrs 50m Breaststroke	Final	
	512	Female	10/11 yrs 100m Backstroke	Final	
	513	Female	12 yrs 100m Backstroke	Final	
	514	Female	13 yrs 100m Backstroke	Final	
	515	Female	14 yrs 100m Backstroke	Final	
	516	Female	15 yrs 100m Backstroke	Final	
	517	Female	16 yrs 100m Backstroke	Final	
	518	Female	17+ yrs 100m Backstroke	Final	

Break (30 mins)

Session	Event No	M/F	Event	Type	
Warm-up 16.15-17.00*			Heat Start 17.05	Finals Start 19.20	Estimated finish 19.50
16	519	Male	100m Freestyle	Heats	
	520	Female	100m Breaststroke	Heats	
	521	Male	200m Breaststroke	HDW	
	522	Female	200m Butterfly	HDW	
17	523	Male	10/11 yrs 100m Freestyle	Final	
	524	Male	12 yrs 100m Freestyle	Final	
	525	Male	13 yrs 100m Freestyle	Final	
	526	Male	14 yrs 100m Freestyle	Final	
	527	Male	15 yrs 100m Freestyle	Final	
	528	Male	16 yrs 100m Freestyle	Final	
	529	Male	17+ yrs 100m Freestyle	Final	
	530	Female	10/11 yrs 100m Breaststroke	Final	
	531	Female	12 yrs 100m Breaststroke	Final	
	532	Female	13 yrs 100m Breaststroke	Final	
	533	Female	14 yrs 100m Breaststroke	Final	
	534	Female	15 yrs 100m Breaststroke	Final	
	535	Female	16 yrs 100m Breaststroke	Final	
	536	Female	17+ yrs 100m Breaststroke	Final	

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