

## Programme of Events

<b>SESSION ONE</b>		
<b>FRIDAY 10<sup>TH</sup> MAY 2024</b>		
101	Mixed	1500m Freestyle (11/Ov)
102	Mixed	800m Freestyle (11/Ov)
<b>SESSION TWO</b>		
<b>SATURDAY 11<sup>TH</sup> MAY 2024</b>		
201	Open/Male	400m Individual Medley (11/Ov)
202	Female	200m Individual Medley
203	Open/Male	50 Breaststroke
204	Female	50m Freestyle
205	Open/Male	100m Backstroke
206	Female	100m Butterfly
207	Open/Male	200m Breaststroke
208	Female	200m Freestyle
<b>SESSION THREE</b>		
<b>SATURDAY 11<sup>TH</sup> MAY 2024</b>		
301	Female	400m Freestyle (11/Ov)
302	Open/Male	50m Backstroke
303	Female	50m Butterfly
304	Open/Male	100m Breaststroke
305	Female	100m Freestyle
306	Open/Male	200m Backstroke
307	Female	200m Butterfly (11/Ov)
<b>SESSION FOUR</b>		
<b>SUNDAY 12<sup>TH</sup> MAY 2024</b>		
401	Female	400m Individual Medley (11/Ov)
402	Open/Male	200m Individual Medley
403	Female	50m Breaststroke
404	Open/Male	50m Freestyle
405	Female	100m Backstroke
406	Open/Male	100m Butterfly
407	Female	200m Breaststroke
408	Open/Male	200m Freestyle
<b>SESSION FIVE</b>		
<b>SUNDAY 12<sup>TH</sup> MAY 2024</b>		
501	Open/Male	400m Freestyle (11/Ov)
502	Female	50m Backstroke
503	Open/Male	50m Butterfly
504	Female	100m Breaststroke
505	Open/Male	100m Freestyle
506	Female	200m Backstroke
507	Open/Male	200m Butterfly (11/Ov)