

PROGRAMME OF EVENTS

Day 1			Day 2		
At Alan Higgs Centre			At Alan Higgs Centre		
Session 1 Warm up 8am Start 8.30am			Session 5 Warm up 8am Start 8.30am		
101	Mixed	1500m Freestyle	201	Mixed	400m Freestyle
HDW MEDALS AND TROPHIES PRESENTATION Girls 10/11 (400m only), 12, 13, 14, 15, 16, 17 and over Boys 10/11 (400m only), 12, 13, 14, 15, 16, 17 and over					
Session 2 Warm Up 10.15am Start 11am			Session 6 Warm Up 10.30am Start 11.15am		
102	Boys	50m Backstroke	202	Girls	50m Breaststroke
103	Girls	200m Breaststroke	203	Boys	200m Butterfly
104	Boys	100m Butterfly	204	Girls	100m Freestyle
105	Girls Open	Relay 4x200 FC	205	Boys	50m Freestyle
106	Boys Open	Relay 4x200 FC	206	13/15 mixed	4x50m Medley Relay
			207	10/12 mixed	4x50m Medley Relay
MEDALS AND TROPHIES PRESENTATION Girls 10/11, 12, 13, 14, 15, 16, 17 and over 200m Breaststroke Boys 10/11, 12, 13, 14, 15, 16, 17 and over 200m Butterfly					
Session 3 Warm up 1.15pm Start 2pm			Session 7 Warm up 2pm Start 2.45pm		
107	Girls 10/12	Relay 4x50 FC	208	Boys 10/12	Relay 4x50 IM
108	Boys 10/12	Relay 4x50 FC	209	Girls 10/12	Relay 4x50 IM
109	Girls 13/15	Relay 4x50 FC	210	Boys 10/12	Relay 4x50 IM
110	Boys 13/15	Relay 4x50 FC	211	Girls 13/15	Relay 4x50 IM
111	Girls	50m Butterfly	212	Boys	100m Breaststroke
112	Boys	200m Freestyle	213	Girls	200m Backstroke
113	Girls	100m Backstroke	214	Boys	200m IM
HDW MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16, 17 and over 200m Freestyle Girls 10/11, 12, 13, 14, 15, 16, 17 and over 200m Backstroke Boys 10/11, 12, 13, 14, 15, 16, 17 and over 200m IM					
Session 4 Warm Up 4.30pm Start 5pm			Session 8 Warm Up 5.15pm Start 5.45pm		
Finals for Ages 10/11, 12, 13, 14, 15, 16 and 17 and over			Finals for Ages 10/11, 12, 13, 14, 15, 16 and 17 and over		
F101	Boys	50m Backstroke	F201	Girls	50m Breaststroke
F102	Girls	50m Butterfly	F202	Boys	50m Freestyle
F103	Boys	100m Butterfly	F203	Girls	100m Freestyle
F104	Girls	100m Backstroke	F204	Boys	100m Breaststroke
MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16, 17 and over 50m Backstroke and 100m Butterfly Girls 10/11, 12, 13, 14, 15, 16, 17 and over 50m Butterfly and 100m Backstroke Girls 10/11, 12, 13, 14, 15, 16, 17 and over 50m Breaststroke and 100m Freestyle Boys 10/11, 12, 13, 14, 15, 16, 17 and over 50m Freestyle and 100m Breaststroke					

Day 3			Day 4		
At Alan Higgs Centre			At Alan Higgs Centre		
Session 9 Warm up 8am Start 8.30am			Session 13 Warm up 8am Start 8.30am		
301	Mixed	800m Freestyle	401	Mixed	400m IM
HDW MEDALS AND TROPHIES PRESENTATION Girls 12 ,13 ,14 ,15 ,16 , 17 and over Boys 12, 13, 14, 15, 16, 17 and over					
Session 10 Warm Up 10.15am Start 11am			Session 14 Warm Up 10.15am Start 11am		
302	Boys	50m Butterfly	402	Girls	50m Freestyle
303	Girls	200m Butterfly	403	Boys	200m Backstroke
304	Boys	100m Backstroke	404	Girls	100m Butterfly
305	Girls	50m Backstroke	405	Open Mixed	4x100 IM Relay
MEDALS AND TROPHIES PRESENTATION Girls 10/11, 12, 13, 14, 15, 16, 17 and over 200m Butterfly Boys 10/11, 12, 13, 14, 15, 16, 17 and over 200m Backstroke					
Session 11 Warm up 1.15pm Start 2pm			Session 15 Warm up 1.15pm Start 2pm		
306	Girls Open	4 x 100m FC Relay	406	Boys Open	4 x 100m Medley Relay
307	Boys Open	4 x 100m FC Relay	407	Girls Open	4 x 100m Medley Relay
308	Girls	100m Breaststroke	408	Boys	50m Breaststroke
309	Boys	200m Breaststroke	409	Girls	200m Freestyle
310	Girls	200IM	410	Boys	100m Freestyle
HDW MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16, 17 and over 200m Breaststroke Girls 10/11, 12, 13, 14, 15, 16, 17 and over 200m IM Girls 10/11, 12, 13, 14, 15, 16, 17 and over 200m Freestyle					
Session 12 Warm Up 5pm Start 5.30pm			Session 16 Warm Up 4.30pm Start 5pm		
Finals for Ages 10/11, 12, 13, 14, 15, 16 and 17 and over			Finals for Ages 10/11, 12, 13, 14, 15, 16 and 17 and over		
F301	Boys	50m Butterfly	F401	Girls	50m Freestyle
F302	Girls	50m Backstroke	F402	Boys	50m Breaststroke
F303	Boys	100m Backstroke	F403	Girls	100m Butterfly
F304	Girls	100m Breaststroke	F404	Boys	100m Freestyle
MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16, 17 and over 50m Butterfly and 100m Backstroke Girls 10/11, 12, 13, 14, 15, 16, 17 and over 50m Backstroke and 100m Breaststroke Girls 10/11, 12, 13, 14, 15, 16, 17 and over 50m Freestyle and 100m Butterfly Boys 10/11, 12, 13, 14, 15, 16, 17 and over 50m Breaststroke and 100m Freestyle					

Main Changes – Finals for 50m and 100m only

Multiple sessions allows for more warm ups given no swim down facility

Age group awards for all ages across all events