

Corby – Day 1	Corby – Day 2	Moorways – Day 1	Moorways – Day 2	Moorways – Day 3
Heat Session Warm up O/M 400m Freestyle Female 100m Backstroke O/M 200m Breaststroke	Heat Session Warm up Female 400m Freestyle O/M 100m Backstroke Female 200m Breaststroke	Heat Session Warm up O/M 50m Breaststroke Female 1500m Freestyle O/M 200m Backstroke	Heat Session Warm up Female 50m Breaststroke O/M 1500m Freestyle Female 200m Backstroke	Heat Session Warm up O/M 50m Butterfly Female 200m Individual Medley O/M 50m Backstroke
Heat Session Warm up Female 200m Freestyle O/M 100m Butterfly Female 400m Individual Medley	Heat Session Warm up O/M 200m Freestyle Female 100m Butterfly O/M 400m Individual Medley	Heat Session Warm up Female 50m Freestyle O/M 800m Freestyle Female 200m Butterfly	Heat Session Warm up O/M 50m Freestyle Female 800m Freestyle O/M 200m Butterfly	Heat Session Warm up Female 50m Butterfly O/M 200m Individual Medley Female 50m Backstroke
Finals Warm up O/M 400m Freestyle Female 100m Backstroke O/M 200m Breaststroke Female 200m Freestyle O/M 100m Butterfly Female 400m Individual Medley	Finals Warm up Female 400m Freestyle O/M 100m Backstroke Female 200m Breaststroke O/M 200m Freestyle Female 100m Butterfly O/M 400m Individual Medley	Heat Session Warm up O/M 100m Freestyle Female 100m Breaststroke O/M 400 Medley Team Female 400 Free Team	Heat Session Warm up Female 100m Freestyle O/M 100m Breaststroke Female 400 Medley Team O/M 400 Free Team	Finals Warm up O/M 50m Backstroke Female 200m Individual Medley O/M 50m Butterfly Female 50m Backstroke O/M 200m Individual Medley Female 50m Butterfly O/M 800 Free Team Female 800 Free Team
		Finals Warm up O/M 50m Breaststroke Female 50m Freestyle O/M 200m Backstroke Female 200m Butterfly O/M 100m Freestyle Female 100m Breaststroke	Finals Warm up Female 50m Breaststroke O/M 50m Freestyle Female 200m Backstroke O/M 200m Butterfly Female 100m Freestyle O/M 100m Breaststroke	

Heats & Finals – please see conditions for awards

50m – 200m Finals for top 8 swimmers in: 11/12yrs, 13yrs, 14yrs, 15 yrs, 16yrs, 17/Over

400m HDW in: 11/12yrs, 13yrs, 14yrs, 15 yrs, 16yrs, 17/Over

400m Finals top 8 swimmers in: 16/Under, 17/Over

800m/1500m: HDW in: 11/12yrs, 13yrs, 14yrs, 15 yrs, 16yrs, 17/Over

Team Relays: 14/16yrs and 17/Over