

PROGRAMME FOR SATURDAY, 7 MAY 2011

***Session 1**

Event	1	Boys	400m	IM
Event	2	Girls	400m	IM
Event	3	Boys	100m	Breast
Event	4	Girls	100m	Breast
Event	5	Boys	200m	Free
Event	6	Girls	200m	Free
Event	7	Boys	50m	Breast
Event	8	Girls	50m	Breast

***Session 2**

Event	9	Boys	200m	IM
Event	10	Girls	200m	IM
Event	11	Boys	100m	Back
Event	12	Girls	100m	Back
Event	13	Boys	50m	Free
Event	14	Girls	50m	Free
Event	15	Boys	50m	Fly
Event	16	Girls	50m	Fly

* All events are HDW

PROPOSED WARM UP ARRANGEMENTS FOR THE DAY

	Session 1	Session 2
Signing In Book Will Close at:	11.00 am	3.15 pm (TBC)
Warm-Up For Boys:	11.00 – 11.20 am	3.30 – 3.50 pm (TBC)
Warm-Up For Girls:	11.25 – 11.50 am	3.55 – 4.15 pm (TBC)
Start:	12.00 noon	4.20 pm (TBC)
Expected Finish:	3.30 pm (TBC)	8.00 pm (TBC)

Lanes 1 & 2: 11/u
Lanes 3 & 4: 12/13 Years
Lanes 5 & 6: 14/15 Years
Lanes 7 & 8: 16/o

Lanes 7 & 8 will be used as Sprint Lanes during the last 5 mins of the warm-up, when the 16/o can move into any of lanes 3 – 6.

As long as swimmers are supervised, the diving pit and the training pool can be used for continuous warm-up and swim-down purposes during the sessions (but NOT during the official warm-up times).

PROGRAMME FOR SUNDAY, 8 MAY 2011

***Session 3**

Event	17	Boys	400m	Free
Event	18	Girls	400m	Free
Event	19	Boys	200m	Fly
Event	20	Girls	200m	Fly
Event	21	Boys	100m	Free
Event	22	Girls	100m	Free
Event	23	Boys	50m	Back
Event	24	Girls	50m	Back

***Session 4**

Event	25	Boys	200m	Back
Event	26	Girls	200m	Back
Event	27	Boys	200m	Breast
Event	28	Girls	200m	Breast
Event	29	Boys	100m	Fly
Event	30	Girls	100m	Fly

* All events are HDW

PROPOSED WARM UP ARRANGEMENTS FOR THE DAY

	Session 3	Session 4
Signing In Book Will Close at:	10.15 am	2.15 pm (TBC)
Warm-Up For Boys:	10.00 – 10.20 am	2.30 – 2.50 pm (TBC)
Warm-Up For Girls:	10.25 – 10.50 am	2.55 – 3.10 pm (TBC)
Start:	11.00 am	3.15 pm (TBC)
Expected Finish:	2.30 pm (TBC)	7.15 pm (TBC)

Lanes 1 & 2: 11/u
Lanes 3 & 4: 12/13 Years
Lanes 5 & 6: 14/15 Years
Lanes 7 & 8: 16/o

Lanes 7 & 8 will be used as Sprint Lanes during the last 5 mins of the warm-up, when the 16/o can move into any of lanes 3 – 6.

As long as swimmers are supervised, the diving pit and the training pool can be used for continuous warm-up and swim-down purposes during the sessions (but NOT during the official warm-up times).