

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 12/13, 14 and over 1500m Freestyle Boys 12/13, 14 and over 1500m Freestyle Girls 10/11, 12, 13, 14, 15, 16 and over 400m Freestyle Boys 10/11, 12, 13, 14, 15, 16 and over 400m Freestyle					
Session 2 Warm Up 9.30am Start 10.15am			Session 6 Warm Up 9.45am Start 10.30am		
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	4 x 200 FC Relay	205	Boys	50m Freestyle
106	Boys Open	4 x 200 FC Relay	206	13/15 mixed	4 x 50m Medley Relay
			207	10/12 mixed	4 x 50m Medley Relay
MEDALS AND TROPHIES PRESENTATION Girls 10/11, 12, 13, 14, 15, 16 and over 200m Breaststroke Boys 10/11, 12, 13, 14, 15, 16 and over 200m Butterfly Relay Presentations					
Session 3 Warm up 12.15pm Start 1pm			Session 7 Warm up 1pm Start 1.45pm		
107	Girls 10/12	4 x 50 FC Relay	208	Boys 10/12	4 x 50m Medley Relay
108	Boys 10/12	4 x 50 FC Relay	209	Girls 10/12	4 x 50m Medley Relay
109	Girls 13/15	4 x 50 FC Relay	210	Boys 13/15	4 x 50m Medley Relay
110	Boys 13/15	4 x 50 FC Relay	211	Girls 13/15	4 x 50m Medley Relay
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 and over 200m Freestyle Girls 10/11, 12, 13, 14, 15, 16 and over 200m Backstroke Boys 10/11, 12, 13, 14, 15, 16 and over 200m IM Relay Presentations					
Session 4 Warm Up 3.30pm Start 4pm			Session 8 Warm Up 4.15pm Start 4.45pm		
Finals for Ages 10/11, 12, 13, 14, 15, 16 and over			Finals for Ages 10/11, 12, 13, 14, 15, 16 and over		
114	Boys	50m Backstroke	215	Girls	50m Breaststroke
116	Girls	50m Butterfly	216	Boys	50m Freestyle
117	Boys	100m Butterfly	217	Girls	100m Freestyle
118	Girls	100m Backstroke	218	Boys	100m Breaststroke
MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16 and over 50m Backstroke and 100m Butterfly Girls 10/11, 12, 13, 14, 15, 16 and over 50m Butterfly and 100m Backstroke Girls 10/11, 12, 13, 14, 15, 16 and over 50m Breaststroke and 100m Freestyle Boys 10/11, 12, 13, 14, 15, 16 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 and over 800m Freestyle Boys 12/13, 14 and over 800m Freestyle Girls 12/13, 14 and over 400m IM Boys 12/13, 14 and over 400m IM					
Session 10 Warm Up 9.15am Start 10am			Session 14 Warm Up 9.30am Start 10.15am		
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	4 x 100 Medley Relay
MEDALS AND TROPHIES PRESENTATION Girls 10/11, 12, 13, 14, 15, 16 and over 200m Butterfly Boys 10/11, 12, 13, 14, 15, 16 and over 200m Backstroke Relay Presentation					
Session 11 Warm up 12.15pm Start 1pm			Session 15 Warm up 12.15pm Start 1pm		
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 and over 200m Breaststroke Girls 10/11, 12, 13, 14, 15, 16 and over 200m IM Girls 10/11, 12, 13, 14, 15, 16 and over 200m Freestyle Relay Presentations					
Session 12 Warm Up 3.30pm Start 4pm			Session 16 Warm Up 3.30pm Start 4pm		
Finals for Ages 10/11, 12, 13, 14, 15, 16 and over			Finals for Ages 10/11, 12, 13, 14, 15, 16 and over		
311	Boys	50m Butterfly	411	Girls	50m Freestyle
312	Girls	50m Backstroke	412	Boys	50m Breaststroke
313	Boys	100m Backstroke	413	Girls	100m Butterfly
314	Girls	100m Breaststroke	414	Boys	100m Freestyle
MEDALS AND TROPHIES PRESENTATION Boys 10/11, 12, 13, 14, 15, 16 and over 50m Butterfly and 100m Backstroke Girls 10/11, 12, 13, 14, 15, 16 and over 50m Backstroke and 100m Breaststroke Girls 10/11, 12, 13, 14, 15, 16 and over 50m Freestyle and 100m Butterfly Boys 10/11, 12, 13, 14, 15, 16 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