

Friday 15 <sup>th</sup> March	Saturday 16 <sup>th</sup> March	Sunday 17 <sup>th</sup> March
<p><b>Session 1: Morning – faster heats</b></p> <p>Men's 1500m Freestyle (HDW)  <b>Women's 100m Backstroke</b>  <b>Men's 100m Backstroke</b>            Women's 200m Butterfly            Men's 200m Freestyle  <b>Women's 50m Freestyle</b>            Men's 50m Butterfly            Women's 400m Freestyle            Men's 200m Breaststroke  <b>Women's 100m Breaststroke</b>  <b>Men's 200m I.M.</b></p>	<p><b>Session 4: Morning – faster heats</b></p> <p>Men's 400m I.M.            Women's 800m Freestyle (HDW)            Men's 50m Backstroke            Women's 50m Backstroke  <b>Men's 100m Breaststroke</b>  <b>Women's 100m Butterfly</b>            Men's 200m Butterfly            Women's 400m I.M.  <b>Men's 50m Freestyle</b>            Women's 50m Breaststroke            Men's 800m Freestyle (HDW)            Women's 200m Freestyle</p>	<p><b>Session 7: Morning – faster heats</b></p> <p><b>Women's 200m I.M.</b>            Men's 50m Breaststroke            Women's 50m Butterfly            Men's 200m Backstroke            Women's 200m Backstroke  <b>Men's 100m Freestyle</b>            Women's 200m Breaststroke            Men's 400m Freestyle            Women's 1500m Freestyle (HDW)  <b>Men's 100m Butterfly</b>  <b>Women's 100m Freestyle</b></p>
<p><b>Session 2: Afternoon – slower heats</b></p> <p>Men's 1500m Freestyle (HDW)  <b>Women's 100m Backstroke</b>  <b>Men's 100m Backstroke</b>            Women's 200m Butterfly            Men's 200m Freestyle  <b>Women's 50m Freestyle</b>            Men's 50m Butterfly            Women's 400m Freestyle            Men's 200m Breaststroke  <b>Women's 100m Breaststroke</b>  <b>Men's 200m I.M.</b></p>	<p><b>Session 5: Afternoon – slower heats</b></p> <p>Men's 400m I.M.            Women's 800m Freestyle (HDW)            Men's 50m Backstroke            Women's 50m Backstroke  <b>Men's 100m Breaststroke</b>  <b>Women's 100m Butterfly</b>            Men's 200m Butterfly            Women's 400m I.M.  <b>Men's 50m Freestyle</b>            Women's 50m Breaststroke            Men's 800m Freestyle (HDW)            Women's 200m Freestyle</p>	<p><b>Session 8: Afternoon – slower heats</b></p> <p><b>Women's 200m I.M.</b>            Men's 50m Breaststroke            Women's 50m Butterfly            Men's 200m Backstroke            Women's 200m Backstroke  <b>Men's 100m Freestyle</b>            Women's 200m Breaststroke            Men's 400m Freestyle            Women's 1500m Freestyle (HDW)  <b>Men's 100m Butterfly</b>  <b>Women's 100m Freestyle</b></p>
<p><b>Session 3: Evening</b></p> <p>Men's 1500m Freestyle (fastest heat)            Women's 100m Backstroke Junior, B, Open finals            Men's 100m Backstroke Junior, B, Open finals            Women's 200m Butterfly Junior, B, Open Finals            Men's 200m Freestyle Junior, B, Open finals            Women's 50m Freestyle and Men's 50m Butterfly Junior, Open finals and Skins            Women's 400m Freestyle Open final            Men's 200m Breaststroke Junior, B, Open finals            Women's 100m Breaststroke Junior, B, Open finals            Men's 200m I.M. Junior, B, Open finals            Mixed 4 x 100m Medley relay</p>	<p><b>Session 6: Evening</b></p> <p>Men's 400m I.M. Open final            Women's 800m Freestyle (fastest heat)            Men's and Women's 50m Backstroke Junior, Open finals and Skins            Men's 100m Breaststroke Junior, B, Open finals            Women's 100m Butterfly Junior, B, Open finals            Men's 200m Butterfly Junior, B, Open Finals            Women's 400m I.M. Open final            Men's 50m Freestyle and Women's 50m Breaststroke Junior, Open finals and Skins            Men's 800m Freestyle (fastest heat)            Women's 200m Freestyle Junior, B, Open finals            Mixed 4 x 100m Freestyle relay</p>	<p><b>Session 9: Evening</b></p> <p>Women's 200m I.M. Junior, B, Open finals            Men's 50m Breaststroke and Women's 50m Butterfly Junior, Open finals and Skins            Men's 200m Backstroke Junior, B, Open finals            Women's 200m Backstroke Junior, B, Open finals            Men's 100m Freestyle Junior, B, Open finals            Women's 200m Breaststroke Junior, B, Open finals            Men's 400m Freestyle Junior, Open finals            Women's 1500m Freestyle (fastest heat)            Men's 100m Butterfly Junior, B, Open finals            Women's 100m Freestyle Junior, B, Open finals</p> <p><b>Events in bold have additional QTs for MC athletes</b></p>