

Daily Programme



- Each day's session up to 120 minutes duration
- Sessions staged in the afternoon or evening



★ Day 1

- 4x 100m Freestyle, Women
- 400m Freestyle, Women
- 100m Freestyle, Men
- 100m Backstroke, Women
- 200m Backstroke, Men
- 200m Butterfly, Women
- 50m Butterfly, Men
- 200m Freestyle, Women
- 50m Breaststroke, Men
- 100m Breaststroke, Women
- 200m IM, Men
- 100m Butterfly, Women
- 100m Backstroke, Men
- 50m Backstroke, Women
- 200m Butterfly, Men
- 4x100m Freestyle, Mixed
- 4x100 Medley, Men

★ Day 2

- 4x 100m Medley, Mixed
- 400m Freestyle, Men
- 50m Freestyle, Women
- 100m Butterfly, Men
- 50m Butterfly, Women
- 200m Breaststroke, Men
- 200m Backstroke, Women
- 50m Freestyle, Men
- 200m Breaststroke, Women
- 50m Backstroke, Men
- 100m Freestyle, Women
- 200m Freestyle, Men
- 50m Breaststroke, Women
- 100m Breaststroke, Men
- 200m IM, Women
- 4x100m Freestyle, Men
- 4x100m Medley, Women