

### Saturday 1st May

Event No	Session 1	w/u 8am for 9am
101 Heats HDW	Girls	400m Freestyle*
102 Heats HDW	Boys	400m Ind Medley*
103 Heats	Girls	200m Breaststroke
104 Heats	Boys	200m Backstroke
105 Heats	Girls	100m Butterfly*
106 Heats	Boys	100m Freestyle*
107 Heats	Girls	50m Breaststroke
108 Heats	Boys	50m Backstroke
109-110 Finals	Girls	200m Breaststroke
111-112 Finals	Boys	200m Backstroke
113-114 Finals	Girls	100m Butterfly
115-116 Finals	Boys	100m Freestyle
117-118 Finals	Girls	50m Breaststroke
119-120 Finals	Boys	50m Backstroke

Event No	Session 2	w/u tba
121 Heats	Girls	200m Ind Medley*
122 Heats	Boys	200m Ind Medley*
123 Heats HDW	Girls	1500m Freestyle
124 Heats HDW	Boys	1500m Freestyle#
Last two events swum combined#		
125-126 Finals	Girls	200m Ind Medley
127-128 Finals	Boys	200m Ind Medley
123/4 Last Heat	G/B	1500 Freestyle#
129 Heats HDW	Girls 14/17	4x100m Medley Team
130 Heats HDW	Boys 15/18	4x100m Medley Team

Event No	Session 3	w/u tba
131 Heats	Girls	200m Butterfly
132 Heats	Boys	200m Freestyle*
133 Heats	Girls	100m Breaststroke*
134 Heats	Boys	100m Backstroke*
135 Heats	Girls	50m Butterfly
136 Heats	Boys	50m Freestyle*
137-138 Finals	Girls	200m Butterfly
139-140 Finals	Boys	200m Freestyle
141-142 Finals	Girls	100m Breaststroke
143-144 Finals	Boys	100m Backstroke
145-146 Finals	Girls	50m Butterfly
147-148 Finals	Boys	50m Freestyle

### Sunday 2nd May

Event No	Session 4	w/u 8am for 9am
201 Heats HDW	Boys	400m Freestyle*
202 Heats HDW	Girls	400m Ind Medley*
203 Heats	Boys	200m Butterfly
204 Heats	Girls	200m Freestyle*
205 Heats	Boys	100m Breaststroke*
206 Heats	Girls	100m Backstroke*
207 Heats	Boys	50m Butterfly
208 Heats	Girls	50m Freestyle*
209-210 Finals	Boys	200m Butterfly
211-212 Finals	Girls	200m Freestyle
213-214 Finals	Boys	100m Breaststroke
215-216 Finals	Girls	100m Backstroke
217-218 Finals	Boys	50m Butterfly
219-220 Finals	Girls	50m Freestyle
221 Heats HDW	Boys 15/18	4x100m F/s Team
222 Heats HDW	Girls 14/17	4x100m F/s Team

Event No	Session 5	w/u tba
223 Heats	Girls	200m Backstroke
224 Heats	Boys	200m Breaststroke
225 Heats	Girls	100m Freestyle*
226 Heats	Boys	100m Butterfly*
227 Heats	Girls	50m Backstroke
228 Heats	Boys	50m Breaststroke
229 Heats HDW	Girls	800m F/s
230 Heats HDW	Boys	800m F/s
Last two events swum combined		
231-232 Finals	Girls	200m Backstroke
233-234 Finals	Boys	200m Breaststroke
235-236 Finals	Girls	100m Freestyle
237-238 Finals	Boys	100m Butterfly
239-240 Finals	Girls	50m Backstroke
241-242 Finals	Boys	50m Breaststroke
243 Heats HDW	Girls 14/17	4x200m F/s Team
244 Heats HDW	Boys 15/18	4x200m F/s Team

Closing date for all entries 2nd April 2010  
 Age for all individual events is at 13 June 2010  
 Age for YOUTH Relays is at 7th August 2010  
 \* Including Multi-Disability Events  
 # Final Heat of 1500m after Finals of 200 Ind Medley