

Timetable Session 1 - Friday 09.08.2024

Event	Swimstyle	time
Wk 1	100m Freestyle female	approx.11:00
Wk 2	100m Freestyle male	approx.11:04
Wk 3	50m Backstroke female	approx.11:15
Wk 4	50m Backstroke male	approx.11:19
Wk 5	100m Breaststroke female	approx.11:24
Wk 6	100m Breaststroke male	approx.11:30
Wk 7	50m Butterfly female	approx.11:58
Wk 8	50m Butterfly male	approx.12:00
Wk 9	100m Individual Medley female	approx.12:03
Wk 10	100m Individual Medley male	approx.12:08
Wk 11	400m Freestyle female	approx.12:17
Wk 12	400m Freestyle male	approx.12:25
Wk 13	4x50m Medley normal	approx.13:06
Wk 14	4x50m Medley mixed	approx.13:20
	End of session	approx.13:34

Timetable Session 2 - Saturday 10.08.2024

Event	Swimstyle	time
Wk 15	200m Freestyle female	approx.11:00
Wk 16	200m Freestyle male	approx.11:04
Wk 17	50m Breaststroke female	approx.11:22
Wk 18	50m Breaststroke male	approx.11:26
Wk 19	100m Backstroke female	approx.11:32
Wk 20	100m Backstroke male	approx.11:40
Wk 21	100m Butterfly female	
Wk 22	100m Butterfly male	approx.12:04
Wk 23	200m Individual Medley female	approx.12:07
Wk 24	200m Individual Medley male	approx.12:11
Wk 25	50m Freestyle female	approx.12:18
Wk 26	50m Freestyle male	approx.12:23
Wk 27	4x50m Freestyle normal	approx.12:50
Wk 28	4x50m Freestyle mixed	approx.13:10
	End of session	approx.13:24