

SUNDAY 11TH JANUARY 2026	
Session 1 – 8:00AM Warm Up, Start (TBC)	
Event 1	Open/Male 10 & Over - 200m Breaststroke - HEATS
Event 2	Female 10 & Over - 50m Freestyle - HEATS
Event 3	Male 12 & Over – 800m Freestyle - HDW
45 Minute Break	
Event 1	Open/Male 10 & Over – 200m Breaststroke - JUNIOR FINAL
Event 1	Open/Male 10 & Over – 200m Breaststroke – SENIOR FINAL
Event 2	Female 10 & Over – 50m Freestyle – AGE GROUP FINALS
Session 2 – Start (TBC)	
Event 4	Female 10 & Over - 200m Breaststroke - HEATS
Event 5	Male 10 & Over - 50m Freestyle - HEATS
Event 6	Female 12 & Over – 800m Freestyle - HDW
45 Minute Break	
Event 4	Female 10 & Over – 200m Breaststroke - JUNIOR FINAL
Event 4	Female 10 & Over – 200m Breaststroke – SENIOR FINAL
Event 5	Male 10 & Over – 50m Freestyle – AGE GROUP FINALS

SATURDAY 24TH JANUARY 2026	
Session 3 – 8:00AM Warm Up, Start (TBC)	
Event 7	Female 10 & Over - 400m Freestyle - HDW
Event 8	Open/Male 10 & Over -200m Freestyle - HEATS
Event 9	Female 10 & Over – 100m Butterfly - HEATS
45 Minute Break	
Event 8	Open/Male 10 & Over – 200m Freestyle – JUNIOR FINAL
Event 8	Open/Male 10 & Over – 200m Freestyle – SENIOR FINAL
Event 9	Female 10 & Over – 100m Butterfly – AGE GROUP FINALS
Session 4 – Start (TBC)	
Event 10	Open/Male 10 & Over – 400m Medley - HDW
Event 11	Female 10 & Over – 200m Backstroke - HEATS
Event 12	Open/Male 10 & Over – 50m Backstroke - HEATS
Event 13	Female 10 & Over – 50m Breaststroke - HEATS
45 Minute Break	
Event 11	Female 10 & Over – 200m Backstroke – JUNIOR FINAL
Event 11	Female 10 & Over – 200m Backstroke – SENIOR FINAL
Event 12	Open/Male 10 & Over – 50m Backstroke – AGE GROUP FINALS
Event 13	Female 10 & Over – 50m Breaststroke – AGE GROUP FINALS

SUNDAY 25TH JANUARY 2026	
Session 5 – 8:00AM Warm Up, Start (TBC)	
Event 14	Open/Male 10 & Over - 400m Freestyle - HDW
Event 15	Female 10 & Over -200m Freestyle - HEATS
Event 16	Open/Male 10 & Over – 100m Butterfly - HEATS
45 Minute Break	
Event 15	Female 10 & Over – 200m Freestyle – JUNIOR FINAL
Event 15	Female 10 & Over – 200m Freestyle – SENIOR FINAL
Event 16	Open/Male 10 & Over – 100m Butterfly – AGE GROUP FINALS
Session 6 – Start (TBC)	
Event 17	Female 10 & Over – 400m Medley - HDW
Event 18	Male 10 & Over – 200m Backstroke - HEATS
Event 19	Female 10 & Over – 50m Backstroke - HEATS
Event 20	Open/Male 10 & Over – 50m Breaststroke - HEATS
45 Minute Break	
Event 18	Open/Male 10 & Over – 200m Backstroke – JUNIOR FINAL
Event 18	Open/Male 10 & Over – 200m Backstroke – SENIOR FINAL
Event 19	Female 10 & Over – 50m Backstroke – AGE GROUP FINALS
Event 20	Open/Male 10 & Over – 50m Breaststroke – AGE GROUP FINALS
SATURDAY 7th FEBRUARY 2026	
Session 7 – 8:00AM Warm Up, Start (TBC)	
Event 21	Female 10 & Over - 200m Butterfly – HEATS
Event 22	Open/Male 10 & Over -200m Medley - HEATS
Event 23	Female 10 & Over – 100m Breaststroke - HEATS
Event 24	Open/Male 10 & Over – 50m Butterfly - HEATS

45 Minute Break	
Event 21	Female 10 & Over – 200m Butterfly – JUNIOR FINAL
Event 21	Female 10 & Over – 200m Butterfly – SENIOR FINAL
Event 22	Open/Male 10 & Over -200m Medley – JUNIOR FINAL
Event 22	Open/Male 10 & Over -200m Medley – SENIOR FINAL
Event 23	Female 10 & Over – 100m Breaststroke – AGE GROUP FINALS
Event 24	Open/Male 10 & Over – 50m Butterfly – AGE GROUP FINALS
Session 8 – Start (TBC)	
Event 25	Open/Male 10 & Over – 100m Backstroke - HEATS
Event 26	Female 10 & Over – 100m Freestyle - HEATS
Event 27	Open/Male 12 & Over – 1500m Freestyle – HDW
45 Minute Break	
Event 25	Open/Male 10 & Over – 100m Backstroke – AGE GROUP FINALS
Event 26	Female 10 & Over – 100m Freestyle – AGE GROUP FINALS

SUNDAY 8th FEBRUARY 2026	
Session 9 – 8:00AM Warm Up, Start (TBC)	
Event 28	Open/Male 10 & Over - 200m Butterfly – HEATS
Event 29	Female 10 & Over -200m Medley - HEATS
Event 30	Open/Male 10 & Over – 100m Breaststroke - HEATS
Event 31	Female 10 & Over – 50m Butterfly - HEATS
45 Minute Break	
Event 28	Open/Male 10 & Over – 200m Butterfly – JUNIOR FINAL
Event 28	Open/Male 10 & Over – 200m Butterfly – SENIOR FINAL
Event 29	Female 10 & Over -200m Medley – JUNIOR FINAL
Event 29	Female 10 & Over -200m Medley – JUNIOR FINAL
Event 30	Male 10 & Over – 100m Breaststroke – AGE GROUP FINALS
Event 31	Female 10 & Over – 50m Butterfly – AGE GROUP FINALS
Session 10 – Start (TBC)	
Event 32	Female 10 & Over – 100m Backstroke - HEATS
Event 33	Open/Male 10 & Over – 100m Freestyle - HEATS
Event 34	Female 12 & Over – 1500m Freestyle – HDW
45 Minute Break	
Event 32	Female 10 & Over – 100m Backstroke – AGE GROUP FINALS
Event 33	Male 10 & Over – 100m Freestyle – AGE GROUP FINALS