BLOCK A
BASILDON SPORTING VILLAGE
18/19/20 JANUARY 2019

SESSION 1
BASILDON SPORTING VILLAGE
18TH JANUARY 2019
WARM UP 5.30PM

- BOYS / GIRLS 12/OVER 1500 F/S

SESSION 4
BASILDON SPORTING VILLAGE
20TH JANUARY 2019

- BOYS 10/14 100 BUTTERFLY
- GIRLS 10/14 200 BREASTSTROKE
- BOYS 15/OV 200 BUTTERFLY
- BOYS 10/14 200 BACKSTROKE
- GIRLS 15/OV 200 IM
- FINALS
- BOYS 10/14 100 BUTTERFLY
- GIRLS 11/12 MEDLEY RELAY
- GIRLS 13/14 MEDLEY RELAY

SESSION 2
BASILDON SPORTING VILLAGE
19TH JANUARY 2019

- BOYS 10/14 100 BACKSTOKE
- BOYS 15/OV 100 BACKSTOKE
- GIRLS 12/14 400 IM
- GIRLS 15/OV 400 IM
- FINALS
- BOYS 10/14 100 BACKSTOKE
- BOYS 15/OV 100 BACKSTOKE

SESSION 3

- GIRLS 10/14 100 BREASTSTROKE
- GIRLS 15/OV 100 BREASTSTROKE
- BOYS 10/14 200 FREESTYLE
- BOYS 15/OV 200 BACKSTROKE
- FINALS
- GIRLS 10/14 100 BREASTSTROKE
- GIRLS 15/OV 100 BREASTSTROKE

SESSION 5
BASILDON SPORTING VILLAGE
20TH JANUARY 2019

- BOYS 15/OV 100 BUTTERFLY
- GIRLS 15/OV 200 BREASTSTROKE
- GIRLS 10/14 200 BUTTERFLY
- BOYS 15/OV 200 FREESTYLE
- BOYS 10/14 200 IM
- FINALS
- BOYS 15/OV 100 BUTTERFLY
- GIRLS 11/12 FREESTYLE RELAY
- BOYS 15/OVER MEDLEY RELAY

BLOCK B
LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE
2/3 FEBUARY 2019

	RELAYS
	BOYS 15/OV
	GIRLS 15/OV
	BOYS 10/14
	GIRLS 10/14

SESSION 6
LONDON AQUATIC CENTRE
2ND FEBRUARY 2019

- GIRLS 9/10 MEDLEY RELAY
- BOYS 9/10 FREESTYLE RELAY
- BOYS 15/OV 50 FREESTYLE
- GIRLS 10/14 50 FREESTYLE
- BOYS 10/14 50 BACKSTROKE
- GIRLS 15/OV50 BUTTERFLY
- PRESENTATION FOR RELAYS
- BOYS 15/OV 50 BREASTSTROKE
- GIRLS 10/14 50 BREASTSTROKE
- BOYS 10/14 50 BUTTERFLY
- GIRLS 15/OV 50 BACKSTROKE
- FINALS
- BOYS 15/OV 50 FREESTYLE
- GIRLS 10/14 50 FREESTYLE
- BOYS 10/14 50 BACKSTROKE
- GIRLS 15/OV50 BUTTERFLY
- BOYS 15/OV 50 BREASTSTROKE
- GIRLS 10/14 50 BREASTSTROKE
- BOYS 10/14 50 BUTTERFLY
- GIRLS 15/OV 50 BACKSTROKE

SESSION 7
LONDON AQUATIC CENTRE
2ND FEBRUARY 2019

- GIRLS 9/10 FEESTYLE RELAY
- BOYS 9/10 MEDLEY RELAY
- GIRLS 15/OV 50 FREESTYLE
- BOYS 10/14 50 FREESTYLE
- GIRLS 10/14 50 BACKSTROKE
- BOYS 15/OV 50 BUTTERFLY
- PRESENTATION FOR RELAYS
- GIRLS 15/OV 50 BREASTSTROKE
- BOYS 10/14 50 BREASTSTROKE
- GIRLS 10/14 50 BUTTERFLY
- BOYS 15/OV 50 BACKSTROKE
- FINALS
- GIRLS 15/OV 50 FREESTYLE
- BOYS 10/14 50 FREESTYLE
- GIRLS 10/14 50 BACKSTROKE
- BOYS 15/OV 50 BUTTERFLY
- GIRLS 15/OV 50 BREASTSTROKE
- BOYS 10/14 50 BREASTSTROKE
- GIRLS 10/14 50 BUTTERFLY
- BOYS 15/OV 50 BACKSTROKE

SESSION 8
BASILDON SPORTING VILLAGE
3RD FEBUARY 2019

- BOYS 10/14 100 FREESTYLE
- BOYS 15/OV 100 FREESTYLE
- GIRLS 10/14 400 FREESTYLE
- GIRLS 15/OV 400 FREESTYLE
- FINALS
- BOYS 10/14 100 FREESTYLE
- BOYS 15/OV 100 FREESTYLE
- GIRLS 15/OVER FREESTYLE RELAY
- GIRLS 13/14 FREESTYLE RELAY

SESSION 9

- GIRLS 10/14 100 FREESTYLE
- GIRLS 15/OV 100 FREESTYLE
- BOYS 10/14 400 FREESTYLE
- BOYS 15/OV 400 FREESTYLE
- FINALS
- GIRLS 10/14 100 FREESTYLE
- GIRLS 15/OV 100 FREESTYLE
- BOYS 15/OVER FREESTYLE RELAY
- BOYS 13/14 FREESTYLE RELAY

BLOCK C
BASILDON SPORTING VILLAGE
15/16/17 FEBUARY 2019

SESSION 10
BASILDON SPORTING VILLAGE
15TH FEBRUARY 2019

- BOYS/ GIRLS 12/OVER 800M F/S

SESSION 11
BASILDON SPORTING VILLAGE
16TH FEBRUARY 2019

- GIRLS 10/14 100 BACKSTOKE
- GIRLS 15/OV 100 BACKSTOKE
- BOYS 12/14 400 IM
- BOYS 15/OV 400 IM
- FINALS
- GIRLS 10/14 100 BACKSTOKE
- GIRLS 15/OV 100 BACKSTOKE

SESSION 12

- BOYS 10/14 100 BREASTSTROKE
- BOYS 15/OV 100 BREASTSTROKE
- GIRLS 10/14 200 FREESTYLE
- GIRLS 15/OV 200 BACKSTROKE
- FINALS
- BOYS 10/14 100 BREASTSTROKE
- BOYS 15/OV 100 BREASTSTROKE

SESSION 13
BASILDON SPORTING VILLAGE
17TH FEBRUARY 2019

- GIRLS 10/14 100 BUTTERFLY
- BOYS 10/14 200 BREASTSTROKE
- GIRLS 15/OV 200 BUTTERFLY
- GIRLS 10/14 200 BACKSTROKE
- BOYS 15/OV 200 IM
- FINALS
- GIRLS 10/14 100 BUTTERFLY
- BOYS 11/12 MEDLEY RELAY
- BOYS 13/14 MEDLEY RELAY

SESSION 14
BASILDON SPORTING VILLAGE
17TH FEBRUARY 2019

- GIRLS 15/OV 100 BUTTERFLY
- BOYS 15/OV 200 BREASTSTROKE
- BOYS 10/14 200 BUTTERFLY
- GIRLS 15/OV 200 FREESTYLE
- GIRLS 10/14 200 IM
- FINALS
- GIRLS 15/OV 100 BUTTERFLY
- BOYS 11/12 FREESTYLE RELAY
- GIRLS 15/OVER MEDLEY RELAY

ONLY 1 RELAY TEAM IS PERMITTED PER CLUB PER EVENT