

	Long Distance & IM Weekend				General Weekends				50's Weekend							
	Crystal Palace				Crystal Palace				Crystal Palace							
	19-Jan		20-Jan		26-Jan		27-Jan		02-Feb		03-Feb		09-Feb		10-Feb	
Warm Up Time	1pm				1pm				1pm				1pm			

Session 1	101	Girls 400 IM HDW	201	Girls 200 IM HDW	301	Boys 100 Fly Heats	401	Boys 100 Breast Heats	501	Girls 100 Fly Heats	601	Girls 100 Breast Heats	701	Girls 50 Back Heats	801	Boys 50 Back Heats
	102	Boys 400 Free HDW	202	Girls 150 IM HDW	302	Girls 200 Free HDW	402	Girls 200 Back HDW	502	Boys 200 Free HDW	602	Boys 200 Back HDW	702	Boys 50 Fly Heats	802	Girls 50 Fly Heats
			203	Mixed 1500 Free HDW	303 - 309	Boys 100 Fly Finals	403 - 409	Boys 100 Breast Finals	503 - 509	Girls 100 Fly Finals	603 - 609	Girls 100 Breast Finals	703 - 709	Girls 50 Back Finals	803 - 809	Boys 50 Back Finals
													710 - 716	Boys 50 Fly Finals	810 - 816	Girls 50 Fly Finals

Warm Up Time		(To be confirmed)					(To be confirmed)					(To be confirmed)					(To be confirmed)			
Session 2	103	Boys 400 IM HDW	204	Mixed 800 Free HDW	310	Girls 100 Free Heats	410	Girls 100 Back Heats	510	Boys 100 Free Heats	610	Boys 100 Back Heats	717	Boys 50 Breast Heats	817	Girls 50 Breast Heats				
	104	Girls 400 Free HDW	205	Boys 200 IM HDW	311	Boys 200 Fly HDW	411	Boys 200 Breast HDW	511	Girls 200 Fly HDW	611	Girls 200 Breast HDW	718	Girls 50 Free Heats	818	Boys 50 Free Heats				
			206	Boys 150 IM HDW	312 - 318	Girls 100 Free Finals	412 - 418	Girls 100 Back Finals	512 - 518	Boys 100 Free Finals	612 - 618	Boys 100 Back Finals	719 - 725	Boys 50 Breast Finals	819 - 825	Girls 50 Breast Finals				
													726 - 732	Girls 50 Free Finals	826 - 832	Boys 50 Free Finals				