

	Long Distance & Sprints Weekend		400 & IM Weekend		General Weekends			
	LAC		Crystal Palace		Crystal Palace		Crystal Palace	
	Saturday, 19 January 2019	Sunday, 20 January 2019	Saturday, 26 January 2019	Sunday, 27 January 2019	Saturday, 2 February 2019	Sunday, 3 February 2019	Saturday, 9 February 2019	Sunday, 10 February 2019
Warm Up Time			1pm		1pm		1pm	

Session 1	101	Boys 1500m HDW	201	Girls800m HDW	301	Girls 400 IM HDW	401	Girls 200 IM HDW	501	Boys 100 Fly Heats	601	Boys 100 Breast Heats	701	Girls 100 Breast Heats	801	Girls 100 Fly Heats
					302	Boys 400 Free HDW	402	Girls 150 IM HDW	502	Girls 200 Free HDW	602	Girls 200 Back HDW	702	Boys 200 Back HDW	802	Boys 200 Free HDW
							403	Boys 200 IM HDW	503-509	Boys 100 Fly Finals	603-609	Boys 100 Breast Finals	703-709	Girls 100 Breast Finals	803-809	Girls 100 Fly Finals
							404	Boys 150 IM HDW								

Warm Up Time		11.30am				(To be confirmed)				(To be confirmed)				(To be confirmed)		
Session 2	102	Girls 50 Back Heats	202	Boys 50 Back Heats	303	Boys 400 IM HDW	405	Girls 1500m HDW	510	Girls 100 Free Heats	610	Girls 100 Back Heats	710	Boys 100 Back Heats	810	Boys 100 Free Heats
	103	Boys 50 Fly Heats	203	Girls 50 Fly Heats	304	Girls 400 Free HDW	406	Boys 800m HDW	511	Boys 200 Fly HDW	611	Boys 200 Breast HDW	711	Girls 200 Breast HDW	811	Girls 200 Fly HDW
	104-110	Girls 50 Back Finals	204-210	Boys 50 Back Finals					512-518	Girls 100 Free Finals	612-618	Girls 100 Back Finals	712-718	Boys 100 Back Finals	812-818	Boys 100 Free Finals
	111-117	Boys 50 Fly Finals	211-217	Girls 50 Fly Finals												
		2.30pm														
Session 3	118	Boys 50 Breast Heats	218	Girls 50 Breast Heats												
	119	Girls 50 Free Heats	219	Boys 50 Free Heats												
	220-226	Boys 50 Breast Finals	220-226	Girls 50 Breast Finals												
	227-233	Girls 50 Free Finals	227-233	Boys 50 Free Finals												

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	103	Boys 50 Fly Heats	203	Girls 50 Fly Heats	304	Girls 400 Free HDW	406	Boys 800m HDW	511	Boys 200 Fly HDW	611	Boys 200 Breast HDW	711	Girls 200 Breast HDW	811	Girls 200 Fly HDW
	104-110	Girls 50 Back Finals	204-210	Boys 50 Back Finals					512-518	Girls 100 Free Finals	612-618	Girls 100 Back Finals	712-718	Boys 100 Back Finals	812-818	Boys 100 Free Finals

		2.30pm	
Session 3	118	Boys 50 Breast Heats	218 Girls 50 Breast Heats
	119	Girls 50 Free Heats	219 Boys 50 Free Heats
	220-226	Boys 50 Breast Finals	220-226 Girls 50 Breast Finals
	227-233	Girls 50 Free Finals	227-233 Boys 50 Free Finals

Session 3	118	Boys 50 Breast Heats	218	Girls 50 Breast Heats
	119	Girls 50 Free Heats	219	Boys 50 Free Heats
	220-226	Boys 50 Breast Finals	220-226	Girls 50 Breast Finals
	227-233	Girls 50 Free Finals	227-233	Boys 50 Free Finals