

Saturday 23rd April 2022 – Millfield – Session 1 & 2

Morning - Heats

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 12:05

Finals Start - 12:30 Estimated Finish - 12:58

Afternoon - HDW

Warm Up – 13:30 – Heats 1 - 5 Start – 14:00 Estimated Finish – 16:00

Warm Up – 16:00 – Heats 6 – 10 Start – 16:30 Estimated Finish – 17:53

Sunday 24th April 2022 – Millfield – Session 4 & 5

Morning Heats

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 11:15

Finals Start – 11:45 Estimated Finish - 12:10

Afternoon Heats

Warm Up – 12:15 – 13:15 Start – 13:15 Estimated Finish – 15:49

Finals Start – 16:15 Estimated Finish – 16:44

Saturday 30th April 2022 – Plymouth – Session 6 - 8

Morning Heats & HDW 400m Free

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 12:09

Afternoon Heats

Warm Up 1 – 12:15 – 13:15 Start – 13:15 Estimated Finish – 14:15

Warm Up 2 – 14:15 – 15:15 Start – 15:15 Estimated Finish – 16:36

Male/Female 200m IM & Male 50m Free

Female 50m Free & Male/Female 100m Breaststroke

All Finals

Warm Up – 17:00 – 17:45 Start – 17:45 Estimated Finish – 18:52

Sunday 1st May 2022 – Plymouth – Session 8 - 10

Morning Heats & HDW 400m Ind Med

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 10:21

Warm Up – 10:25 – 11:25 Start – 11:25 Estimated Finish – 12:25

Male/Female 50 Breast & 100m Free

Female 100m Free & Male/Female Ind Med

Afternoon Heats

Warm Up – 12:25 – 13:25 Start – 13:25 Estimated Finish – 15:31

All Finals

Warm Up – 15:35– 16:35 Start – 16:35 Estimated Finish – 18:40

Monday 2nd May 2022 – Plymouth – Session 10 - 13

Morning Heats

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 12:00

Morning Finals

Warm Up – 12:00 – 12:45 Start – 13:00 Estimated Finish – 14:12

Afternoon HDW 800m Free

Mens Warm Up – 14:15 – 14:45 Start – 14:45 Estimated Finish – 16:34 (30mins warm up)

Womens Warm Up – 16:35 – 17:05 Start – 17:05 Estimated Finish – 18:30 (30mins warm up)

Saturday 7th May 2022 – Hengrove – Session 14 - 17**Morning Heats**

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 11:09

Morning Finals Start – 11:40 Estimated Finish – 11:59

Afternoon Heats

Warm Up – 12:00 – 13:00 Start – 13:00 Estimated Finish – 14:18

Afternoon Finals Start – 14:50 Estimated Finish – 15:22

Sunday 8th May 2022 – Hengrove – Session 18 - 21**Morning Heats**

Warm Up – 08:45 – 09:45 Start - 09:45 Estimated Finish – 11:05

Morning Finals Start – 12:05 Estimated Finish - 12:26

Morning Heats

Warm Up – 12:30 – 13:30 Start – 13:30 Estimated Finish – 14:53

Morning Finals Start – 15:30 Estimated Finish – 16:02