**Saturday 30th April 2022 – Plymouth – Session 8 - 10**

**Morning Heats & HDW 400m Free**

Warm Up 1 – 08:45 – 09:45

1. Men & Women 100m Fly (15/16yr)
2. Men & Women 100m Fly (17+) & Men 200m Back (All)
3. Women 200m Back (All) & Men & Women 400m Free (All)

Racing;- Start - 09:45 Estimated Finish – 12:10 (Men & Women 100m Fly, 200m Back & 400m Free)

**Afternoon Heats**

Warm Up 2 – 12:15 – 13:15

1. Men & Women 200m IM (15/16yr)
2. Men & Women 200m IM (17+) & Men 50m Free (17+)
3. Men 50m Free (15/16yr)

Racing;- Start – 13:15 Estimated Finish – 14:40 (Men/ Women 200m IM & Men 50m Free)

Warm Up 3 – 14:40 – 15:40

1. Women 50m Free (All)
2. Men 100m Breast (All)
3. Women 100m Breast (All)

Racing;- Start – 15:40 Estimated Finish – 16:40 (Women 50m Free & Men/ Women 100m Breaststroke)

**All Finals & Relays**

Warm Up 4 – 16:45 – 17:15

1. Men (All)
2. Women (All)

Racing;- Start – 17:15 Estimated Finish – 18:55 (All Finals & Men/ Women 400m Free Relays)

**Sunday 1st May 2022 – Plymouth – Session 11 - 13**

**Morning Heats & HDW 400m Ind Med**

Warm Up 1 – 08:45 – 09:45

1. Men 50m Breast (All)
2. Women 50m Breast (All)
3. Men 100m Free (All)

Racing;- Start - 09:45 Estimated Finish – 10:45 (Men/ Women 50 Breast & 100m Free)

Warm Up 2 –10:45 – 11:25

1. Women 100m Free (All)
2. Men & Women 400m IM (All)

Racing;- Start – 11:30 Estimated Finish – 12:50 (Women 100m Free & Men/ Women 400m Ind Med)

**Afternoon Heats**

Warm Up 3 – 12:55 – 13:55

1. Men 50m Back (All)
2. Women 50m Back (All) & Men 200m Fly (All)
3. Women 200m Fly (All) & Men & Women 200m Breast (All)

Racing;- Start – 13:55 Estimated Finish – 15:55 (Men & Women 50m Back, Men & Women 200m Fly, Men & Women 200m Breast)

**All Finals & Relays**

Warm Up 4 – 16:00– 16:30

1. Men (All)
2. Women (All)

Racing;- Start – 16:35 Estimated Finish – 18:35 (All Finals & Women & Men 800m Free Relays)

**Monday 2nd May 2022 – Plymouth – Session 14 - 16**

**Morning Heats**

Warm Up – 08:45 – 09:45

1. Men & Women 200m Freestyle & Men & Women 100m Backstroke
2. Men 50m Fly
3. Women 50m Fly

Racing;- Start - 09:45 Estimated Finish – 12:00

**Morning Finals & Relays**

Warm Up – 12:15 – 12:45

1. Men & Women (all Finals & Relays)

Racing;- Start – 13:00 Estimated Finish – 14:15 (All Finals and Men & Women 400m Medley relays)

**Afternoon HDW 800m Free**

Mens Warm Up – 14:15 – 14:45

Racing;- Start – 14:55 Estimated Finish – 16:45

Womens Warm Up – 16:45 – 17:15

Racing;- Start – 17:25 Estimated Finish – 18:55