

Saturday 10th February 2024

Session 1-Warm Up: 08:00 – 08:15 (Fareham Nomads) 08:15 – 08:30 Female (all other clubs) 08:30 – 08:45 Male/Open (all other clubs) Start: 09:00	
101	Female 200m Individual Medley
102	Male/Open 400m Individual Medley
103	Female 50m Freestyle
104	Male/Open 50m Backstroke
105	Female 100m Butterfly
106	Male/Open 100m Breaststroke
107	Female 200m Backstroke
108	Male/Open 100m Freestyle
109	Female Junior (13 & Under) Skins
110	Female Senior (14 & Over) Skins

Sunday 11th February 2024

Session 1-Warm Up: 08:00 – 08:15 (Fareham Nomads) 08:15 – 08:30 Male/Open (all other clubs) 08:30 – 08:45 Female (all other clubs) Start: 09:00	
301	Male/Open 200m Individual Medley
302	Female 400m Individual Medley
303	Male/Open 50m Freestyle
304	Female 50m Backstroke
305	Male/Open 100m Butterfly
306	Female 100m Breaststroke
307	Male/Open 200m Backstroke
308	Female 100m Freestyle
309	Male/Open Junior (13 & Under) Skins
310	Male/Open Senior (14 & Over) Skins

Session 2 - Warm Up: TBD (Fareham Nomads) TBD Male/Open (all other clubs) TBD Female (all other clubs) Start: TBD	
201	Male/Open 200m Freestyle
202	Female 400m Freestyle
203	Male/Open 50m Butterfly
204	Female 50m Breaststroke
205	Male/Open 200m Breaststroke
206	Female 100m Individual Medley
207	Male/Open 100m Backstroke
208	Female 200m Butterfly

Session 2 - Warm Up: TBD (Fareham Nomads) TBD Female (all other clubs) TBD Male/Open (all other clubs) Start: TBD	
401	Female 200m Freestyle
402	Male/Open 400m Freestyle
403	Female 50m Butterfly
404	Male/Open 50m Breaststroke
405	Female 200m Breaststroke
406	Male/Open 100m Individual Medley
407	Female 100m Backstroke
408	Male/Open 200m Butterfly