

Programme of Events

SATURDAY 4 OCTOBER 2025

Session 1: Warm-up 9.00am Start 10.05am Expected finish 12.00pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
60 Minute warm-up					
101	50m Breaststroke	Open	102	50m Breaststroke	Open
103	100m Backstroke	Open	104	100m Backstroke	Open
105	200m Freestyle	Open	106	200m Freestyle	Open

SATURDAY 4 OCTOBER 2025

Session 2: Warm-up 12.45pm Start 1.50pm Expected finish 4pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
60 Minute warm-up					
201	100m Butterfly	Open	202	100m Butterfly	Open
203	200m Breaststroke	Open	204	200m Breaststroke	Open
205	50m Freestyle	Open	206	50m Freestyle	Open
207	200m Individual Medley	Open	208	200m Individual Medley	Open

SUNDAY 5 OCTOBER 2025

Session 3: Warm-up 9.00am Start 10.05am Expected finish 12.00pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
60 Minute warm-up					
301	100m Freestyle	Open	302	100m Freestyle	Open
303	50m Backstroke	Open	304	50m Backstroke	Open
305	100m Breaststroke	Open	306	100m Breaststroke	Open
307	200m Butterfly	Open	308	200m Butterfly	Open

SUNDAY 5 OCTOBER 2025

Session 4: Warm-up 12.45pm Start 1.50pm Expected finish 3.30pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
60 Minute warm-up					
401	200m Backstroke	Open	402	200m Backstroke	Open
403	50m Butterfly	Open	404	50m Butterfly	Open
405	Mixed 25m Butterfly 10yrs & under				
406	100m Individual Medley	Open	407	100m Individual Medley	Open

SATURDAY 11 OCTOBER 2025

Session 5: 1st Warm-up 9.00am Start 9.35am Expected finish 11.30am

2nd Warm-up 11.45am Start 12.20pm Expected finish 1.30pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
30 Minute warm-up					
501	800m Freestyle	Open	502	800m Freestyle	Open
30 Minute warm-up					
503	400m Individual Medley	Open	504	400m Individual Medley	Open

SATURDAY 15 NOVEMBER 2025

Session 6: 1st Warm-up 1pm Start 1.35pm Expected finish 4.20pm

2nd Warm-up 4.30pm Start 5.00pm Expected finish 6.15pm

Female Event	Description	Age Group	Male/Open Event	Description	Age Group
30 Minute warm-up					
601	1500m Freestyle	Open	602	1500m Freestyle	Open
30 Minute warm-up					
603	400m Freestyle	Open	604	400m Freestyle	Open