**Schedule**

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| **Saturday 13th December 2025** | **Sunday 14th December 2025** |
| **Session 1****Warm-up: 13:00 Start: 13:45** | **Session 3****Warm-up: 08:45 Start: 09:45** |
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| --- | --- |
| 200 IM | Open/Male |
| 400 IM | Female |
| 200 FS | Open/Male |
| 200 BR | Female |
| 100 FLY | Open/Male |
| 100 FS | Female |
| 50 BK | Open/Male |
| 50 FLY | Female |

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|  |  |
| --- | --- |
| 200 IM | Female |
| 400 IM | Open/Male |
| 200 FS | Female |
| 200 BR | Open/Male |
| 100 FLY | Female |
| 100 FS | Open/Male |
| 50 BK | Female |
| 50 FLY | Open/Male |

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| **Session 2****Warm-up: tbc Start: tbc** | **Session 4****Warm-up: tbc Start: tbc** |
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|  |  |
| --- | --- |
| 400 FS | Open/Male |
| 200 BK | Female |
| 200 FLY | Open/Male |
| 100 BR | Female |
| 100 BK | Open/Male |
| 50 FS | Female |
| 50 BR | Open/Male |

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|  |  |
| --- | --- |
| 400 FS | Female |
| 200 BK | Open/Male |
| 200 FLY | Female |
| 100 BR | Open/Male |
| 100 BK | Female |
| 50 FS | Open/Male |
| 50 BR | Female |

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