

**PROGRAMME OF EVENTS**

<b>Friday 14 December 2018</b>	<b>Saturday 15 December 2018</b>	<b>Sunday 16 December 2018</b>
<b>SESSION ONE</b> Heats 9am	<b>SESSION THREE</b> Heats 9am	<b>SESSION FIVE</b> Heats 9am
Men's 50m Freestyle Women's 100m Breaststroke Men's 200m Backstroke Women's 200m I.M. Men's 100m Butterfly Women's 50m Backstroke Men's 50m Breaststroke Women's 200m Butterfly Men's 400m Freestyle Women's 100m Freestyle Men's 100m I.M.	Women's 50m Freestyle Men's 100m Breaststroke Women's 200m Backstroke Men's 200m I.M. Women's 100m Butterfly Men's 50m Backstroke Women's 50m Breaststroke Men's 200m Butterfly Women's 400m Freestyle Men's 100m Freestyle Women's 100m I.M.	Women's 400m I.M. Men's 400m I.M. Women's 50m Butterfly Men's 50m Butterfly Women's 200m Freestyle Men's 200m Freestyle Women's 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Men's 200m Breaststroke
Women's 800m Freestyle (Slow Heats)	Men's 1500m Freestyle (Slow Heats)	
<b>SESSION TWO</b> Finals 4-30pm	<b>SESSION FOUR</b> Finals 4-30pm	<b>SESSION SIX</b> Finals 4-30pm
Women's 800m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Women's 4x50m Medley Relay Men's 4x50m Medley Relay	Men's 1500m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Men's 4x50m Freestyle Relay Women's 4x50m Freestyle Relay	Challenge68 relays 'B' & 'A' Finals of above Events Women's 4x100m Freestyle Relay Men's 4x100m Freestyle Relay
		Challenge68 Final

Entry times for individual entrants from Swim England, Scottish Swimming and Swim Wales must be recorded in British Rankings, from Swimming Competitions designated or Licensed for entry into National Competitions since 1 December 2017, and be achieved in a 25m pool.

Split Times, either intermediate distance or first leg of a relay race are not acceptable for entry.

**Closing date for entries: 12noon, Thursday 22 November 2018.**