

# EDINBURGH INTERNATIONAL SWIM MEET (50m) 2019



**In partnership with the University of Edinburgh**

**Friday – Sunday, 15 – 17 March 2019**

**Royal Commonwealth Pool,  
Edinburgh, EH16 5BB**

**CLOSING DATE FOR TEAM ENTRIES 12 FEBRUARY 2019 AT 12:00 (GMT)**



THE UNIVERSITY of EDINBURGH  
**SPORT**



SUPPORTED BY

**EDINBURGH**  
YOUR COUNCIL – YOUR CITY

Under WPS, SASA and FINA rules  
SASA Licence number L1/601/SS/MAR19

**Meet promoters :**

**SASA East District on behalf of the City of Edinburgh International Trust**

The Edinburgh International Swim Meet takes place at the Royal Commonwealth Pool, Edinburgh, from 15-17 March 2019. The annual event attracts a top-class field including British Swimming's elite senior and junior athletes and leading athletes from Europe and further afield.

Times set in 2019 can be used for qualification to the FINA World Championships in Gwangju. The meet is also licensed with World Para Swimming; times achieved can be used to claim European and World records and to enter WPS World Series Events.

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## MEET SPONSORS

The Edinburgh International Swim Meet is developed in partnership with the University of Edinburgh, supported by TYR and the City of Edinburgh Council.

## VENUE

Royal Commonwealth Pool, 21 Dalkeith Road, Edinburgh, EH16 5BB. 8 lane 50 metre pool with full electronic timing. 6 lane 25m warm up and swim-down pool available throughout the day.

<http://www.edinburghleisure.co.uk/venues/royal-commonwealth-pool/facilities>

## SWIMMING GROUPS

### Women

- open
- junior defined as: 14-17 years (born in 2002, 2003, 2004 and 2005).

### Men

- open
- junior defined as: 15-18 years (born in 2001, 2002, 2003 and 2004).

**AGE AS AT 31 DECEMBER 2019.**

## EVENTS – heats and finals

50m events in all strokes with open and junior finals followed by skins for the open event. The first round of the skins will feature an open final with 8 swimmers, reducing to 6, 4, 3, 2 and a winner. Men's and women's skins events will be alternated each evening.

100m and 200m events in all strokes and 200m IM will be swum with open, B and junior finals.

The fastest 16 swimmers from the 100m and 200m heats in each event, irrespective of age, will be allocated places in the open and B finals. The next fastest 8 swimmers from the junior entrants will be allocated places in the junior final.

400m IM and freestyle will be swum as heats and finals for open and junior swimmers. There is no B final in the open event.

800m and 1500m freestyle events are HDW. Fastest heat will be swum in the finals session.

4 x 100m mixed freestyle and medley relays. Junior teams should be clearly marked at time of entry. Relays will be swum in the evening session.

## MULTI CLASSIFICATION EVENTS

Selected events have a separate qualifying standard for swimmers with a recognised classification (WPS, BS, BBS, UKSA, or INAS-FID) which must be held on the British Swimming or WPS Database/Masterlist at time of entry. Swimmers must have achieved the qualifying standard or consideration time for their class in each MC event in an accredited meet in 2018, which must be verifiable. Please submit a proof of times report with entries.

The MC events will be integrated into the heats, seeded by absolute time. MC swimmers can compete in the Open, B or Junior finals, where appropriate, based on pure time. **There are no separate MC finals.**

## QUALIFICATION AND CONSIDERATION TIMES – SEE APPENDIX 1 AND APPENDIX 2.

Do not submit times slower than the times shown at Appendices 1 and 2. We will not offer refunds for any entries where the times submitted are outwith the consideration times. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Where this rule is invoked, swimmers with the fastest times will take precedence over those in the same category. Events where restrictions are applied will be selected by the East District swimming committee.

## PRIZES AND PRESENTATIONS

All swimmers, irrespective of nationality, may win cash prizes. The total cash prize pot is £12,500 and will be awarded as follows:

Top 5 performers, based on FINA IPS system  
(best performance by a swimmer, regardless of nationality)

1<sup>st</sup> = £1,500

2<sup>nd</sup> = £1,000

3<sup>rd</sup> = £800

4<sup>th</sup> = £600

5<sup>th</sup> = £400

Winners, or a representative, should be available for presentations after the Sunday evening's finals.

Cash prizes for relay and individual events (to be collected during the competition) are as follows:

### Individual events

£100 to the winner of the skins event; £50 to the runner up and £50 to the round 1 winner.

£100 to the winner of all other open events; £50 to the runner up.

£100 to the best performing MC swimmer in each of the designated MC events, calculated based on the British Para-Swimming Points System.

£20 to the junior winner; £10 to the runner up.

The junior prizes will be awarded to the fastest in either the open, B or junior final; from women born in 2002, 2003, 2004 or 2005, and from men born in 2001, 2002, 2003 or 2004.

Relays - fastest team only breaking a meet record; £200 senior record ; £40 junior record.

TYR is providing merchandise as spot prizes throughout the event.

## TRAINING, SESSION TIMES AND SWIM PROGRAMME – SEE APPENDIX 3

The pool will be available from 14:00 on 14 March 2019 for training. Indicative session times (TBC when the final programme is ready) are as follows:

Heats : Warm up 07:30 – 8:20 in 50m pool. 7:30 onwards in 25m pool

: Session start faster heats 08:30

slower heats 11:15 (11:00 on Sunday)

Finals : Warm up 16:00 onwards

: Session start 17:00 (16:45 on Sunday).

For event distances of 50m, 100m, 200m and 400m, those meeting the open qualifying time for the event (including junior swimmers within the open qualifying time) will compete in heats at the start of each day. Others in these events will swim in the later heats, seeded by time.

The fastest open heat of the 800m and 1500m freestyle events will take place during the evening finals sessions. If there are sufficient entries, at least one other heat of these events will take place in the morning session. Relays will take place during the evening finals session.

## ENTRIES AND TIMELINES

**All entry times should be set at accredited competitions since 1 January 2018, and verifiable.**

Entries must be submitted using the events files provided. These can be downloaded from <http://www.eism.org.uk> after 1 November 2018. Please ensure entries show the full name of the swimmer, full date of birth, registration number and entry time.

Entries must be submitted as long course times only. Short course conversions may be used. Split times (including for the men's 800m freestyle) and times set in first leg swims during relays may be used. A proof of times report must be submitted with the entry file. The proof of times report must be submitted from meets recorded in British Swimming rankings; or from meets recorded in the FINA rankings; or Swim News rankings; or from an official meet sanctioned by a National Governing body. An exception exists for the women's 1500m freestyle; those without an accredited time at 1500m, but who meet the consideration time for the 800m event may enter the 1500m. All swimmers must provide an entry time for the 1500m event.

Composite team entries for individual and relay events are acceptable. Relay swimmers, including reserves, should be populated on the entry file. Changes to relay team members can be made up to one hour before the start of the relevant session.

Entries from individuals can ONLY be submitted on the individual entry form available from our website. Please indicate if the time submitted is a short course time or long course time. The EISM entry secretary will convert any short course times for seeding purposes. **This is provided for clubs or teams that are sending only one swimmer to the event.** Reflecting the additional time needed to process individual entries, **the closing date for individual entries is a few days earlier, on 7 February 2019.**

Clubs can get instructions on completing entry files from [entries@eism.org.uk](mailto:entries@eism.org.uk).

No refunds will be given after acceptances are published or for entries submitted outwith the consideration times. Fees for rejected entries will be returned to clubs during the event.

**Closing date for individual entries noon (GMT) 7 February 2019.**

**Closing date for club/team entries noon (GMT) Tuesday, 12 February 2019.**

**Draft programme issued on Monday, 18 February 2019.**

**Final programme & other information to clubs by 22 February 2019.**

## ENTRY FEES AND PAYMENT:

£10.00 for individual entries and £15:00 for relay teams.

To pay by bank transfer, make payment as follows :

Account name	SASA East District
Bank	Bank of Scotland
Branch	Musselburgh
Account No	06001834
Sort Code	80-17-68
IBAN	GB 16 BOFS 80176806001834.
Your reference – please quote	<b>e19/ent/then add your club or team name</b>

Please submit a completed copy of the summary form to [entries@eism.org.uk](mailto:entries@eism.org.uk) when entries are submitted. A copy of this form should be emailed to [sasaeastdistricttreasurer@eism.org.uk](mailto:sasaeastdistricttreasurer@eism.org.uk) when electronic bank payments are made.

### **WITHDRAWALS, RESERVES AND REPORTING TIMES**

Details on the withdrawal process for heats and finals are available at <http://www.eism.org.uk>

A maximum of four reserves will be selected for the heats, in each event. Four reserves will be named for the open and B finals in the 100m and 200m events. There will be two reserves for junior finals and two for open finals in the 50m and 400m events. A competitor in the junior final may be named as a reserve for the open finals.

Where a reserve is brought in at short notice, they will occupy a vacant lane. There will be no reseeding.

Coaches and team leaders will be provided with a timeline for each session at the coaches/team leaders meeting. Swimmers must report to the call room/marshalling area in line with this timeline or any subsequent amendment issued.

### **COACHES' AND TEAM LEADERS INFORMATION AND PACKS**

Athletes and coaches will only be permitted poolside if they can show official accreditation. Coaches and team leaders should submit a request following the process outlined on the EISM2019 website at <http://www.eism.org.uk>. There is no charge for these accreditation passes.

It is mandatory that all coaches / team leaders who are poolside comply with the relevant child protection procedures for their governing body.

A coaches and team leaders meeting will take place at the Royal Commonwealth Pool at 18:00 on Thursday 14 March. Coaches and team leaders can collect their packs at the meeting, or prior to this from the coaches' desk at the Royal Commonwealth Pool from 16:00.

Staff meals at the Royal Commonwealth Pool or at nearby Pollock Halls should be ordered in advance through our website. Complimentary coffee, tea and other refreshments will be available throughout the meet in the coaches' meeting area at the pool.

### **TEAM ACCOMMODATION, TRAVEL AND FOOD**

Teams wishing to book into accommodation with our partner, the University of Edinburgh, at the adjacent Pollock Halls or nearby Richmond Apartments should follow the process detailed on our website. Rooms are currently bookable for a three night period covering Thursday 14 March to Saturday 16 March. Additional nights are available by request.

Teams can pre book meals on the university campus. Details on pre booking meal tickets can be found on the EISM website. There is a wide range of other restaurants in the immediate vicinity of the pool.

Teams wishing to arrange transfers from Edinburgh airport should fill in the booking form downloadable from the EISM website.

Payment for accommodation, meals and transfers can be made by BACS electronic transfer direct to the East District. Instructions, including advice on the specific references to use will be included on our invoice.

### **TECHNICAL OFFICIALS**

Offers of help from officials from outside the district are welcome.

Contact [sasaeastdistrictsto@gmail.com](mailto:sasaeastdistrictsto@gmail.com) for details on kit, expenses and other requirements.

## PHOTOGRAPHY

Any person wishing to use video/other photography must register their device at the coaches' desk in the foyer area of the pool.

Throughout this event the East District will have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and will include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites. Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to [info@eism.org.uk](mailto:info@eism.org.uk) after which the data will be removed.

## RESULTS SERVICE / LIVE STREAMING

Live results can be found on meet mobile and will be posted on the EISM website <http://www.eism.org.uk>. The event will be live streamed.

## SPECTATOR INFORMATION AND CAR PARKING

Spectator tickets will be available in advance and can be purchased through the EISM event website. Tickets will be offered to those from competitors' home clubs on a priority basis.

A limited number of car parking spaces will be reserved in the pool car parks for team minibuses. Please apply for a pass by 12 February 2019. Blue badge holders will also be able to access a parking space at the RCP, with their existing blue badge. Other car parking information is posted on our website. This provides information on other local parking options and use of park and ride facilities. Clubs using University accommodation will be able to park at the accommodation - the pool is a short walk away.

## MEET CONDITIONS/RULES

A full list of meet conditions is available on our website and will be published in the programme. Please note:

- The meet organisers (SASA East District) reserve full powers over the Edinburgh International Swim Meet (50m).
- The competition will be held under FINA and WPS Rules, and the conditions printed in the meet information and on the eism website. Where FINA and WPS Rules do not provide (e.g. Health & Safety Regulations or Child Protection Guidelines) SASA regulations as set by Scottish Swimming, and Edinburgh Leisure facility guidelines, will apply.
- The meet is licensed by Scottish Swimming and World Para- Swimming.
- Entries will only be accepted from competitors registered as members of countries affiliated to FINA and whose swimmers have the permission of the relevant Governing Body to attend. Where required to do so, competitors shall present their passport for age verification at the recorder's desk not later than 15:00 hours on the day before the competition begins.
- A competitor must be a registered member, or equivalent, of the club in whose name s/he is entered, at the date of entry.
- Drug testing facilities may be available on site. Random drug tests may also be made, in line with British and Scottish Swimming standard procedure.
- Mobile phones / other photography devices must not be used in the changing rooms, showers and toilet areas. Those found using mobile phones, breaching this rule may be excluded from the meet.
- Swimmers should use the facilities provided in the changing village. They should not change in the seating area or toilets.
- Anything not covered above or included in ancillary information will be at the promoters' discretion.

# EDINBURGH INTERNATIONAL SWIM MEET

## 15-17<sup>th</sup> March 2019

### SUMMARY SHEET

Club			
Contact			
Address			
Post code		Telephone number	
Email address:			

Double click anywhere in grid below then add the number of entries, etc. in second column. Click anywhere outside the grid to return to normal mode.

<b>No. of Women's Open Entries</b>		@ £ 10.00 each	£	-	
<b>No. of Men's Open Entries</b>		@ £10.00 each	£	-	
<b>No. of Relays</b>		@ £ 15.00 each	£	-	
<b>Total Remittance</b>			£	-	

Email a copy of this form with your entries to [entries@eism.org.uk](mailto:entries@eism.org.uk) by 12 February 2019.  
**AND Email a copy of this form when electronic payment is made to**  
**[sasaeastdistricttreasurer@gmail.com](mailto:sasaeastdistricttreasurer@gmail.com)**  
**All payments to be received by 18 February 2019.**



**APPENDIX 1 QUALIFICATION AND CONSIDERATION TIMES**

OPEN				
Men			Women	
QT	CT		QT	CT
0:24.05	0:25.01	50 Freestyle	0:27.10	0:28.18
0:52.05	0:54.13	100 Freestyle	0:58.10	1:00.42
1:54.60	1:59.18	200 Freestyle	2:05.10	2:10.10
4:04.50	4:14.28	400 Freestyle	4:23.80	4:34.35
8:30.60	8:51.02	800 Freestyle	9:03.00	9:24.72
16:17.00	16:56.08	1500 Freestyle	17:36.00	18:18.24
0:29.90	0:31.10	50 Breaststroke	0:33.80	0:35.15
1:05.25	1:07.86	100 Breaststroke	1:13.35	1:16.28
2:23.75	2:29.50	200 Breaststroke	2:39.00	2:45.36
0:25.75	0:26.78	50 Butterfly	0:28.60	0:29.74
0:56.50	0:58.76	100 Butterfly	1:03.10	1:05.62
2:07.05	2:12.13	200 Butterfly	2:20.70	2:26.33
0:27.50	0:28.60	50 Backstroke	0:30.50	0:31.72
0:58.70	1:01.05	100 Backstroke	1:04.80	1:07.39
2:09.10	2:14.26	200 Backstroke	2:19.50	2:25.08
2:09.60	2:14.78	200 IM	2:22.25	2:27.94
4:38.00	4:49.12	400 IM	5:01.60	5:13.66

Junior				
women born in 2002, 2003, 2004 or 2005; men born in 2001, 2002, 2003 or 2004				
Men			Women	
QT	CT		QT	CT
0:25.00	0:26.00	50 Freestyle	0:27.60	0:28.70
0:54.25	0:56.42	100 Freestyle	0:59.40	1:01.78
1:58.00	2:02.72	200 Freestyle	2:08.60	2:13.74
4:12.00	4:22.08	400 Freestyle	4:30.50	4:41.32
8:41.00	9:01.84	800 Freestyle	9:12.50	9:34.60
16:41.00	17:21.04	1500 Freestyle	17:50.00	18:32.80
0:31.50	0:32.76	50 Breaststroke	0:34.60	0:35.98
1:08.90	1:11.66	100 Breaststroke	1:15.60	1:18.62
2:30.50	2:36.52	200 Breaststroke	2:42.50	2:49.00
0:26.85	0:27.92	50 Butterfly	0:29.35	0:30.52
0:59.00	1:01.36	100 Butterfly	1:05.10	1:07.70
2:12.50	2:17.80	200 Butterfly	2:25.00	2:30.80
0:28.40	0:29.54	50 Backstroke	0:31.10	0:32.34
1:00.70	1:03.13	100 Backstroke	1:06.50	1:09.16
2:12.40	2:17.70	200 Backstroke	2:22.90	2:28.62
2:14.00	2:19.36	200 IM	2:25.50	2:31.32
4:45.00	4:56.40	400 IM	5:07.00	5:19.28

QT = Qualification Time. Any swimmer with a QT for a given stroke/event is **guaranteed** to be swimming in the meet for that event. For all distances from 50m up to 400m they will swim in the morning session. At least 1 heat for the 1500m and 800m events will take place in the morning session. The fastest 8 entries in each of these events will swim in the final session. CTs = Consideration Time. These allow those slower than the QTs to enter but prevent too many from entering. They do not guarantee a swim. If too many people enter the event on any given day and we cannot accommodate everyone within a reasonable session length, we will reject the slowest entries, based on time, across the different events that day. This is done proportionately so the slowest swimmers in each event and in both the open and youth categories will be unable to swim. ie we do not only rule out youth swimmers, nor would we rule out swimmers in longer distance events in favour of those doing the shorter distances.

**APPENDIX 2 QUALIFICATION AND CONSIDERATION TIMES; MC EVENTS**

	MALE		FEMALE			MALE		FEMALE	
	QT	CT	QT	CT		QT	CT	QT	CT
<b>50M FREESTYLE</b>					<b>100m BACKSTROKE</b>				
S1	01:43.56	01:48.06	01:36.73	01:40.93	S6	01:31.63	01:35.62	01:38.10	01:42.36
S2	01:08.67	01:11.65	01:47.20	01:51.86	S7	01:23.73	01:27.37	01:37.14	01:41.36
S3	00:50.01	00:52.19	00:52.66	00:54.95	S8	01:18.97	01:22.40	01:29.58	01:33.48
S4	00:46.46	00:48.48	00:45.79	00:47.78	S9	01:14.44	01:17.68	01:22.82	01:26.42
S5	00:37.77	00:39.41	00:44.05	00:45.96	S10	01:08.20	01:11.16	01:19.79	01:23.26
S6	00:35.18	00:36.71	00:39.20	00:40.91	S11	01:23.86	01:27.50	01:33.55	01:37.62
S7	00:32.89	00:34.32	00:39.57	00:41.29	S12	01:10.68	01:13.75	01:23.57	01:27.20
S8	00:31.35	00:32.71	00:35.39	00:36.92	S13	01:09.95	01:13.00	01:19.70	01:23.16
S9	00:30.08	00:31.39	00:34.02	00:35.50	S14	01:11.00	01:14.09	01:17.49	01:20.86
S10	00:27.35	00:28.54	00:32.23	00:33.64	<b>100m BREASTSTROKE</b>				
S11	00:31.06	00:32.41	00:35.72	00:37.27	SB4	02:00.89	02:06.14	02:10.00	02:15.65
S12	00:27.67	00:28.87	00:32.13	00:33.53	SB5	01:53.25	01:58.18	01:56.43	02:01.49
S13	00:27.36	00:28.55	00:31.88	00:33.26	SB6	01:37.17	01:41.40	01:55.79	02:00.83
<b>100 M FREESTYLE</b>					SB7	01:32.77	01:36.80	01:47.27	01:51.94
S1	03:42.01	03:51.66	04:47.07	04:59.56	SB8	01:22.70	01:26.29	01:37.40	01:41.64
S2	03:05.29	03:13.34	03:49.11	03:59.08	SB9	01:16.93	01:20.28	01:29.61	01:33.50
S3	02:00.65	02:05.89	01:55.24	02:00.25	SB11	01:28.72	01:32.58	01:40.34	01:44.70
S4	01:39.50	01:43.82	01:40.19	01:44.54	SB12	01:20.79	01:24.30	01:32.92	01:36.96
S5	01:19.72	01:23.18	01:35.78	01:39.95	SB13	01:17.84	01:21.23	01:28.24	01:32.08
S6	01:15.99	01:19.30	01:24.50	01:28.18	SB14	01:17.59	01:20.96	01:28.37	01:32.21
S7	01:11.82	01:14.94	01:23.88	01:27.53	<b>100m BUTTERFLY</b>				
S8	01:08.79	01:11.78	01:15.49	01:18.77	S8	01:12.05	01:15.18	01:28.27	01:32.11
S9	01:04.73	01:07.55	01:12.98	01:16.15	S9	01:09.87	01:12.91	01:19.78	01:23.24
S10	00:59.79	01:02.39	01:10.20	01:13.25	S10	01:04.24	01:07.03	01:17.99	01:21.38
S11	01:08.76	01:11.75	01:19.91	01:23.39	S11	01:15.26	01:18.53	01:36.80	01:41.00
S12	01:02.81	01:05.54	01:10.05	01:13.09	S12	01:06.67	01:09.56	01:18.13	01:21.53
S13	01:00.46	01:03.08	01:09.76	01:12.79	S13	01:07.36	01:10.28	01:15.67	01:18.96
S14	01:02.15	01:04.85	01:10.48	01:13.55	S14	01:06.54	01:09.43	01:15.29	01:18.56
<b>200m IM</b>									
SM5	03:55.04	04:05.26	04:15.59	04:26.70					
SM6	03:13.22	03:21.62	03:30.91	03:40.08					
SM7	02:59.93	03:07.75	03:29.91	03:39.04					
SM8	02:47.23	02:54.50	03:14.33	03:22.78					
SM9	02:39.73	02:46.68	03:03.15	03:11.11					
SM10	02:32.55	02:39.18	02:51.27	02:58.72					
SM11	02:54.88	03:02.48	03:28.20	03:37.25					
SM12	02:38.64	02:45.54	03:00.25	03:08.09					
SM13	02:35.28	02:42.04	02:48.66	02:55.99					
SM14	02:32.63	02:39.26	02:46.76	02:54.01					

APPENDIX 3 SWIM PROGRAMME

Friday 15 <sup>th</sup> March	Saturday 16 <sup>th</sup> March	Sunday 17 <sup>th</sup> March
<p><b>Session 1: Morning – faster heats</b></p> <p>Men's 1500m Freestyle (HDW)  <b>Women's 100m Backstroke</b>  <b>Men's 100m Backstroke</b>                      Women's 200m Butterfly                      Men's 200m Freestyle  <b>Women's 50m Freestyle</b>                      Men's 50m Butterfly                      Women's 400m Freestyle                      Men's 200m Breaststroke  <b>Women's 100m Breaststroke</b>  <b>Men's 200m I.M.</b></p>	<p><b>Session 4: Morning – faster heats</b></p> <p>Men's 400m I.M.                      Women's 800m Freestyle (HDW)                      Men's 50m Backstroke                      Women's 50m Backstroke  <b>Men's 100m Breaststroke</b>  <b>Women's 100m Butterfly</b>                      Men's 200m Butterfly                      Women's 400m I.M.  <b>Men's 50m Freestyle</b>                      Women's 50m Breaststroke                      Men's 800m Freestyle (HDW)                      Women's 200m Freestyle</p>	<p><b>Session 7: Morning – faster heats</b></p> <p><b>Women's 200m I.M.</b>                      Men's 50m Breaststroke                      Women's 50m Butterfly                      Men's 200m Backstroke                      Women's 200m Backstroke  <b>Men's 100m Freestyle</b>                      Women's 200m Breaststroke                      Men's 400m Freestyle                      Women's 1500m Freestyle (HDW)  <b>Men's 100m Butterfly</b>  <b>Women's 100m Freestyle</b></p>
<p><b>Session 2: Afternoon – slower heats</b></p> <p>Men's 1500m Freestyle (HDW)  <b>Women's 100m Backstroke</b>  <b>Men's 100m Backstroke</b>                      Women's 200m Butterfly                      Men's 200m Freestyle  <b>Women's 50m Freestyle</b>                      Men's 50m Butterfly                      Women's 400m Freestyle                      Men's 200m Breaststroke  <b>Women's 100m Breaststroke</b>  <b>Men's 200m I.M.</b></p>	<p><b>Session 5: Afternoon – slower heats</b></p> <p>Men's 400m I.M.                      Women's 800m Freestyle (HDW)                      Men's 50m Backstroke                      Women's 50m Backstroke  <b>Men's 100m Breaststroke</b>  <b>Women's 100m Butterfly</b>                      Men's 200m Butterfly                      Women's 400m I.M.  <b>Men's 50m Freestyle</b>                      Women's 50m Breaststroke                      Men's 800m Freestyle (HDW)                      Women's 200m Freestyle</p>	<p><b>Session 8: Afternoon – slower heats</b></p> <p><b>Women's 200m I.M.</b>                      Men's 50m Breaststroke                      Women's 50m Butterfly                      Men's 200m Backstroke                      Women's 200m Backstroke  <b>Men's 100m Freestyle</b>                      Women's 200m Breaststroke                      Men's 400m Freestyle                      Women's 1500m Freestyle (HDW)  <b>Men's 100m Butterfly</b>  <b>Women's 100m Freestyle</b></p>
<p><b>Session 3: Evening</b></p> <p>Men's 1500m Freestyle (fastest heat)                      Women's 100m Backstroke Junior, B, Open finals                      Men's 100m Backstroke Junior, B, Open finals                      Women's 200m Butterfly Junior, B, Open Finals                      Men's 200m Freestyle Junior, B, Open finals                      Women's 50m Freestyle and Men's 50m Butterfly Junior, Open finals and Skins                      Women's 400m Freestyle Junior and Open finals                      Men's 200m Breaststroke Junior, B, Open finals                      Women's 100m Breaststroke Junior, B, Open finals                      Men's 200m I.M. Junior, B, Open finals                      Mixed 4 x 100m Medley relay</p>	<p><b>Session 6: Evening</b></p> <p>Men's 400m I.M. Junior and Open finals                      Women's 800m Freestyle (fastest heat)                      Men's and Women's 50m Backstroke Junior, Open finals and Skins                      Men's 100m Breaststroke Junior, B, Open finals                      Women's 100m Butterfly Junior, B, Open finals                      Men's 200m Butterfly Junior, B, Open Finals                      Women's 400m I.M. Junior and Open finals                      Men's 50m Freestyle and Women's 50m Breaststroke Junior, Open finals and Skins                      Men's 800m Freestyle (fastest heat)                      Women's 200m Freestyle Junior, B, Open finals                      Mixed 4 x 100m Freestyle relay</p>	<p><b>Session 9: Evening</b></p> <p>Women's 200m I.M. Junior, B, Open finals                      Men's 50m Breaststroke and Women's 50m Butterfly Junior, Open finals and Skins                      Men's 200m Backstroke Junior, B, Open finals                      Women's 200m Backstroke Junior, B, Open finals                      Men's 100m Freestyle Junior, B, Open finals                      Women's 200m Breaststroke Junior, B, Open finals                      Men's 400m Freestyle Junior and Open finals                      Women's 1500m Freestyle (fastest heat)                      Men's 100m Butterfly Junior, B, Open finals                      Women's 100m Freestyle Junior, B, Open finals</p> <p><b>Events in bold have additional QTs/ CTs for MC athletes</b></p>