

**Day 1:**

**Saturday - 21 March 2026**

Session 1:			Session 2:		
07:25	07:55	City Of Stoke SC (COSACSS) Swimmers	12:25	12:55	City Of Stoke SC (COSACSS) Swimmers
07:55	08:10	GIRLS 9, 10, 11 & 12	12:55	13:10	BOYS 9, 10, 11, 12 & 13
08:10	08:25	GIRLS 13, 14, 15 & 16/O	13:10	13:25	BOYS 14, 15 & 16/O
08:25	08:40	BOYS 9, 10, 11, 12, & 13	13:25	13:40	GIRLS 9, 10, 11 & 12
08:40	08:55	BOYS 14, 15 & 16/O	13:40	13:55	GIRLS 13, 14, 15 & 16/O

**Day 2:**

**Sunday - 22 March 2026**

Session 3:			Session 4:		
07:25	07:55	City Of Stoke SC (COSACSS) Swimmers	12:25	12:55	City Of Stoke SC (COSACSS) Swimmers
07:55	08:10	GIRLS 9, 10 & 11	12:55	13:10	BOYS 9, 10, 11, 12, & 13
08:10	08:25	GIRLS 12, 13, 14 & 15	13:10	13:25	BOYS 14,15, 16/O (Lane 1-4) GIRLS 9 (Lanes 5-6)
08:25	08:40	GIRLS 16/O (Lanes 5 - 6) BOYS 9, 10, 11 & 12 (Lanes 1 - 4)	13:25	13:40	GIRLS 10, 11 & 12
08:40	08:55	BOYS 13, 14, 15 & 16/O	13:40	13:55	GIRLS 13, 14, 15 & 16/O

**NOTE:** Please be aware the changing villiage will be open to COSACSS swimmers at 7:21am and all others at 7:45am Thank you

Please adhere to Warm Up Ages etc. as this gives a balanced number of swimmers in each Warm Up