

Day 1 CIOM

	6 Lane Tank	10 Lane Tank	4 Lane Tank
Session 1	08.45 - 09.05		
	Boys 13-14	Men 15 and Over	Boys 9-12
	09.10 - 09.30		
	Women 15 and Over	Girls 11-14	Girls 9-10
Session 2	11.00-11.20		
	Boys 13-14	Men 15 and Over	Boys 9-12
	11.25-11.45		
	Women 15 and Over	Girls 12-14	Girls 9-11
Session 3	13:30-13:50		
	Boys 13-14	Men 15 and Over	Boys 9-12
	13:55-14:15		
	Women 15 and Over	Girls 11-14	Girls 9-10

Day 2 CIOM

	6 Lane Tank	10 Lane Tank	4 Lane Tank
Session 4	08.45- 09.05		
	Women 15 and Over	Girls 11-14	Girls 9-10
	09.10 - 09.30		
	Boys 13-14	Men 15 and Over	Boys 9-12
	11.10-11.30		
Session 5	Women 15 and Over	Girls 12-14	Girls 9-11
	11.35-11.55		
	Boys 13-14	Men 15 and Over	Boys 9-12
	13:35-13:55		
	Women 15 and Over	Girls 11-14	Girls 9-10
Session 6			
	14:00-14.20		
	Boys 13-14	Men 15 and Over	Boys 9-12