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| Session | Age | Events | Pool | Date | W/U  | Start |
| 1 | Age Groups 10-13yrs | 1 - 6 | Salisbury | Saturday13th Jan 2024 | 12.45 | 13.20 |
| 2 | Age Groups 10-13yrs | 7 -12 | Salisbury | Saturday13th Jan 2024 | 15.15 | 15.50 |
| 3 \* | Age Groups 10-13yrs | 13 - 17 | Salisbury | Sunday 14th Jan 2024 | 12.45 | 13.20 |
| 4 \* | Age Groups 10-13yrs | 18 - 22 | Salisbury | Sunday 14th Jan 2024 | 15.30 | 16.05 |
| 5 | Age Groups 10-13yrs | 23 - 27 | Link | Saturday20th Jan 2024 | 13.45 | 14.20 |
| 6 | Age Groups 10-13yrs | 28 – 31 | Link | Saturday20th Jan 2024 | 16.35 | 17.10 |
| 7 | 10+Championships | 101 – 105 | Link | Sunday21st Jan 2024 | 13.30 | 14.20 |
| 8 | 10+Championships | 106 – 110 | Link | Sunday21st Jan 2024 | 16.45 | 17.35 |
| 9 | 10+Championships | 111 – 116 | Link | Saturday3rd Feb 2024 | 13.30 | 14.20 |
| 10 | 10+Championships | 117 – 122 | Link | Saturday 3rd Feb 2024 | 16.45 | 17.35 |
| 11 | 10+Championships | 123 – 127 | Link | Sunday4th Feb 2024 | 13.30 | 14.05 |
| 12 | 10+Championships | 128 – 131 | Link | Sunday4th Feb 2024 | 16.15 | 16.50 |
| LD1 | 11+Championships | 200 (800m) | Marlborough | Saturday27th Feb 2024 | 14.10 | 14.35 |
| LD2 | 11+Championships | 201 (1500m) | Link | Sunday18th Feb 2024 | 16.45 | 17.05 |
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Sessions Report – Issue 2 dated 8th January 2024

Note: Sunday 13th January at Salisbury Sessions 3 & 4.

Please note on Sunday 15th January as well as the swimming there will be an Event taking place at 5 Rivers Leisure Centre therefore the car park will be extremely busy. It has been suggested that where possible car sharing maybe a good idea to help reduce the congestion.