



Day 1			Day 2			Day 3			Day 4			Day 5		
Heats - Session 1			Heats - Session 3			Heats - Session 5			Heats - Session 7			Heats - Session 9		
Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am		
1	400m Freestyle	W	10	200m Freestyle	M	18	200m Backstroke	W	25	100m Breaststroke	W	33	100m Backstroke	M
2	100m Butterfly	M	103	50m Freestyle – MC	W	19	200m Backstroke	M	26	200m Individual Medley	M	34	100m Backstroke	W
3	100m Butterfly	W	104	50m Freestyle – MC	M	20	400m Individual Medley	W	109	200m Individual Medley – MC	W	111	100m Backstroke – MC	M
4	100m Breaststroke	M	11	200m Breaststroke	W	21	400m Individual Medley	M	110	200m Individual Medley – MC	M	112	100m Backstroke – MC	W
101	100m Breaststroke – MC	W	12	200m Breaststroke	M	107	100m Freestyle – MC	W	27	200m Freestyle	W	35	200m Butterfly	M
102	100m Breaststroke – MC	M	13	50m Freestyle	W	108	100m Freestyle – MC	M	28	50m Freestyle	M	36	200m Butterfly	W
5	200m Individual Medley	W	14	50m Butterfly	M	22	100m Freestyle	W	29	50m Butterfly	W	37	400m Freestyle	M
6	50m Backstroke	M	105	50m Butterfly – MC	W	23	100m Freestyle	M	30	1500m Freestyle (TF)	M	38	50m Breaststroke	W
7	50m Backstroke	W	106	50m Butterfly – MC	M							39	50m Breaststroke	M
8	800m Freestyle (TF)	M	15	800m Freestyle (TF)	W							40	1500m Freestyle (TF)	W

Day 1			Day 2			Day 3			Day 4			Day 5		
Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-up: 4pm - 5.25pm Start: 5.45pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm		
1	400m Freestyle	W	10	200m Freestyle	M	18	200m Backstroke	W	25	100m Breaststroke	W	33	100m Backstroke	M
2	100m Butterfly	M	103	50m Freestyle – MC	W	19	200m Backstroke	M	26	200m Individual Medley	M	34	100m Backstroke	W
3	100m Butterfly	W	104	50m Freestyle – MC	M	20	400m Individual Medley	W	109	200m Individual Medley – MC	W	111	100m Backstroke – MC	M
4	100m Breaststroke	M	11	200m Breaststroke	W	21	400m Individual Medley	M	110	200m Individual Medley – MC	M	112	100m Backstroke – MC	W
101	100m Breaststroke – MC	W	12	200m Breaststroke	M	107	100m Freestyle – MC	W	27	200m Freestyle	W	35	200m Butterfly	M
102	100m Breaststroke – MC	M	13	50m Freestyle	W	108	100m Freestyle – MC	M	28	50m Freestyle	M	36	200m Butterfly	W
5	200m Individual Medley	W	14	50m Butterfly	M	22	100m Freestyle	W	29	50m Butterfly	W	37	400m Freestyle	M
6	50m Backstroke	M	105	50m Butterfly – MC	W	23	100m Freestyle	M	30	1500m Freestyle (FTF)	M	38	50m Breaststroke	W
7	50m Backstroke	W	106	50m Butterfly – MC	M	24	4 x 100m Medley Relay	Mix	31	4 x 100m Medley Relay	W	39	50m Breaststroke	M
8	800m Freestyle (FTF)	M	15	800m Freestyle (FTF)	W				32	4 x 100m Medley Relay	M	40	1500m Freestyle (FTF)	W
9	4 x 100m Freestyle Relay	Mix	16	4 x 100m Freestyle Relay	M									
			17	4 x 100m Freestyle Relay	W									