

AUCKLAND

**AON**  
NEW ZEALAND  
**SWIMMING**  
**CHAMPS**  
**2021**

5 - 10 APRIL

Day 2			Day 3			Day 4			Day 5			Day 6		
Heats - Session 2			Heats - Session 4			Heats - Session 6			Heats - Session 8			Heats - Session 10		
Warm-up: 8am - 9.55am Start: 10.10am			Warm-up: 8am - 9.55am Start: 10.10am			Warm-up: 8am - 9.55am Start: 10.10am			Warm-up: 8am - 9.55am Start: 10.10am			Warm-up: 8am - 9.55am Start: 10.10am		
3	100m Backstroke	W	10	200m Freestyle	M	18	400m Freestyle	M	26	200m Backstroke	W	33	800m Freestyle (TF)	W
4	100m Backstroke	M	107	200m Freestyle - MC	M	19	50m Breaststroke	W	115	50m Backstroke - MC	M	121	100m Breaststroke - MC	W
101	100m Backstroke - MC	W	108	400m Freestyle - MC	W	111	50m Breaststroke - MC	W	116	50m Backstroke - MC	W	122	100m Breaststroke - MC	M
102	100m Backstroke - MC	M	11	50m Backstroke	W	112	50m Breaststroke - MC	M	27	50m Breaststroke	M	34	50m Backstroke	M
5	400m Individual Medley	W	12	50m Butterfly	M	20	200m Breaststroke	M	28	200m Backstroke	M	35	50m Butterfly	W
103	150m Individual Medley - MC	W	13	200m Breaststroke	W	21	100m Butterfly	W	117	200m Individual Medley - MC	W	36	200m Individual Medley	M
104	150m Individual Medley - MC	M	14	100m Breaststroke	M	22	100m Butterfly	M	118	200m Individual Medley - MC	M	37	200m Individual Medley	W
6	50m Freestyle	M	109	400m Freestyle - MC	M	113	100m Butterfly - MC	W	29	200m Butterfly	W	123	100m Freestyle - MC	W
7	50m Freestyle	W	110	200m Freestyle - MC	W	114	100m Butterfly - MC	M	30	200m Butterfly	M	124	100m Freestyle - MC	M
105	50m Butterfly - MC	W	15	200m Freestyle	W	23	400m Freestyle	W	31	100m Breaststroke	W	38	100m Freestyle	W
106	50m Butterfly - MC	M							119	50m Freestyle - MC	W	39	100m Freestyle	M
8	400m Individual Medley	M							120	50m Freestyle - MC	M			
									32	1500m Freestyle (TF)	M			

Day 1			Day 2			Day 3			Day 4			Day 5			Day 6		
Timed Finals - Session 1			Finals - Session 3			Finals - Session 5			Finals - Session 7			Finals - Session 9			Finals - Session 11		
Warm-up: 3pm-5.20pm Start: 5.40pm			Warm-up: 4pm - 5.50pm Start: 6.15pm			Warm-up: 4pm - 5.50pm Start: 6.10pm			Warm-up: 4pm - 5.50pm Start: 6.10pm			Warm-up: 4pm - 5.50pm Start: 6.10pm			Warm-up: 4pm - 5.50pm Start: 6.10pm		
1	800m Freestyle	M	3	100m Backstroke	W	10	200m Freestyle	M	18	400m Freestyle	M	26	200m Backstroke	W	33	800m Freestyle (FTF)	W
2	1500m Freestyle	W	4	100m Backstroke	M	107	200m Freestyle - MC	M	19	50m Breaststroke	W	115	50m Backstroke - MC	M	121	100m Breaststroke - MC	W
			101	100m Backstroke - MC	W	108	400m Freestyle - MC	W	111	50m Breaststroke - MC	W	116	50m Backstroke - MC	W	122	100m Breaststroke - MC	M
			102	100m Backstroke - MC	M	11	50m Backstroke	W	112	50m Breaststroke - MC	M	27	50m Breaststroke	M	34	50m Backstroke	M
			5	400m Individual Medley	W	12	50m Butterfly	M	20	200m Breaststroke	M	28	200m Backstroke	M	35	50m Butterfly	W
			103	150m Individual Medley - MC	W	13	200m Breaststroke	W	21	100m Butterfly	W	117	200m Individual Medley - MC	W	36	200m Individual Medley	M
			104	150m Individual Medley - MC	M	14	100m Breaststroke	M	22	100m Butterfly	M	118	200m Individual Medley - MC	M	37	200m Individual Medley	W
			6	50m Freestyle	M	109	400m Freestyle - MC	M	113	100m Butterfly - MC	W	29	200m Butterfly	W	123	100m Freestyle - MC	W
			7	50m Freestyle	W	110	200m Freestyle - MC	W	114	100m Butterfly - MC	M	30	200m Butterfly	M	124	100m Freestyle - MC	M
			105	50m Butterfly - MC	W	15	200m Freestyle	W	23	400m Freestyle	W	31	100m Breaststroke	W	38	100m Freestyle	W
			106	50m Butterfly - MC	M	16	4 x 100m Medley Relay	M	24	4 x 100m Freestyle Relay	M	119	50m Freestyle - MC	W	39	100m Freestyle	M
			8	400m Individual Medley	M	17	4 x 100m Medley Relay	W	25	4 x 100m Freestyle Relay	W	120	50m Freestyle - MC	M	40	4 x 200m Freestyle Relay	W
			9	Mixed 4 x 100m Medley Relay	Mix							32	1500m Freestyle (FTF)	M	41	4 x 200m Freestyle Relay	M