

## Heats /Timed Finals

Day 1 – Thur 17 Jan Session 1 Warm up 7.30am – 8.20am, Start 8.30am			Day 2 – Fri 18 Jan Session 3 Warm up 7.30am – 8.20am, Start 8.30am			Day 3 – Sat 19 Jan Session 5 Warm up 7.30am – 8.20am, Start 8.30am			Day 4 – Sun 20 Jan Session 7 Warm up 7.30am – 8.20am, Start 8.30am		
1	200 Backstroke	M	15	200 Freestyle	M	29	800 Freestyle (Fastest 8)	M	40	1500 Freestyle	M
2	200 Backstroke	F	16	200 Freestyle	F	30	1500 Freestyle (Fastest 8)	F	41	400 Individual Medley	F
3	100 Breaststroke	M	17	100 Backstroke	M	31	50 Freestyle	M	42	100 Freestyle	M
4	100 Breaststroke	F	18	100 Backstroke	F	32	50 Freestyle	F	43	100 Freestyle	F
5	50 Butterfly	M	19	50 Breaststroke	M	33	200 Individual Medley	M	44	200 Breaststroke	M
6	50 Butterfly	F	20	50 Breaststroke	F	34	200 Individual Medley	F	45	200 Breaststroke	F
7	400 Freestyle	M	21	400 Individual Medley	M	35	50 Backstroke	M	46	100 Butterfly	M
8	400 Freestyle	F	22	800 Freestyle	F	36	50 Backstroke	F	47	100 Butterfly	F
						37	200 Butterfly	M			
						38	200 Butterfly	F			

## Finals

Day 1 Thurs 17 <sup>th</sup> Jan Session 2 Warm up 4.00pm-4.50pm, start 5.00pm			Day 2 Fri 18 <sup>th</sup> Jan Session 4 Warm up 4.00pm-4.50pm, start 5.00pm			Day 3 Sat 19 <sup>th</sup> Jan Session 6 Warm up 3.30pm-4.20pm, start 4.30pm			Day 4 Sun 20 <sup>th</sup> Jan Session 8 Warm up 2.00pm-2.50pm, start 3.00pm		
	200 Backstroke	M		200 Freestyle	M		50 Freestyle	M		1500 Freestyle (fastest 8)	M
	200 Backstroke	F		200 Freestyle	F		50 Freestyle	F		400 Individual Medley	F
	100 Breaststroke	M		200 Freestyle (Para)	Mixed		50 Freestyle (Para)	Mixed		100 Freestyle	M
	100 Breaststroke	F		100 Backstroke;	M		200 Individual Medley	M		100 Freestyle	F
	100 Breaststroke (Para)	Mixed		100 Backstroke	F		200 Individual Medley	F		100 Freestyle (Para)	Mixed
	50 Butterfly	M		100 Backstroke (Para)	Mixed		200 Individual Medley (Para)	Mixed		200 Breaststroke	M
	50 Butterfly	F		50 Breaststroke	M		50 Backstroke	M		200 Breaststroke	F
	50 Butterfly (Para)	Mixed		50 Breaststroke	F		50 Backstroke	F		100 Butterfly	M
	400 Freestyle	M		50 Breaststroke (Para)	Mixed		50 Backstroke (Para)	Mixed		100 Butterfly	F
	400 Freestyle	F		400 Individual Medley	M		200 Butterfly	M		100 Butterfly (Para)	Mixed
	400 Freestyle (Para S6&above)	Mixed		800 Freestyle (fastest 8)	F		200 Butterfly	F			
9	13 & 14 4x100m Free Relay	M	23	13 & 14 4x100m Medley Relay	M	39	Hollander Cup	Mixed			
10	13 & 14 4x100m Free Relay	F	24	13 & 14 4x100m Medley Relay	F						
11	15 & 16 4x100m Free Relay	M	25	15 & 16 4x100m Medley Relay	M						
12	15 & 16 4x100m Free Relay	F	26	15 & 16 4x100m Medley Relay	F						
13	17 & O 4x100m Free Relay	M	27	17 & O 4x100m Medley Relay	M						
14	17 & O 4x100m Free Relay	F	28	17 & O 4x100m Medley Relay	F						