

| Day 1 – Tuesday 16 April Session 1 – Heats Warm Up 7.00 – 8.00am, Start 8.10am | | | Day 2 – Wednesday 17 April Session 3 – Heats Warm Up 7.00 – 8.00am, Start 8.10am | | | Day 3 – Thursday 18 April Session 5 – Heats Warm Up 7.00 – 8.00am, Start 8.10am | | | Day 4 – Friday 19 April Session 7 – Heats Warm Up 7.00 – 8.00am, Start 8.10am | | | Day 5 – Saturday 20 April Session 9 – Heats Warm Up 7.00 – 8.00am, Start 8.10am | | |
|--|------------|---------------|--|----------------|---------------|---|-----------------|---------------|---|-----------------|---------------|---|----------------------|---------------|
| 1 | 400m Free | M 13 & Over | 8 | 200m Breast | F 13 & Over | 15 | 400m IM | M 13 & Over | 26 | 100m Fly * | F 13 & Over | 33 | 400m Free | F 13 & Over |
| 2 | 100m Free | F 13 & Over | 9 | 200m Breast | M 13 & Over | 16 | 50m Fly | F 13 & Over | 27 | 400m IM | F 13 & Over | 34 | 200m IM | M 13 & Over |
| 3 | 50m Breast | M 13 & Over | 10 | 50m Free | F 13 & Over | 17 | 50m Fly | M 13 & Over | 28 | 200m Back | M 13 & Over | 35 | 200m IM | F 13 & Over |
| 4 | 50m Breast | F 13 & Over | 11 | 50m Free | M 13 & Over | 18 | 100m Breast | M 13 & Over | 29 | 200m Back | F 13 & Over | 36 | 50m Back | M 13 & Over |
| 5 | 200m Fly | M 13 & Over | 12 | 100m Back | F 13 & Over | 19 | 200m Free | F 13 & Over | 30 | 100m Fly | M 13 & Over | 37 | 50m Back | F 13 & Over |
| 6 | 200m Fly | F 13 & Over | 13 | 800m Free | M 13 & Over | 20 | 200m Free | M 13 & Over | 31 | 100m Breast | F 13 & Over | 38 | 100m Free | M 13 & Over |
| 7 | 100m Back | M 13 & Over | 14 | 800m Free | F 13 & Over | 21 | 1500m Free | F 13 & Over | 32 | 1500m Free | M 13 & Over | 39 | 4x100 Medley C Relay | F Age |
| | | | | | | 22 | 4x100m Free CR | F Age | | | | 40 | 4x100 Medley C Relay | M Age |
| | | | | | | 23 | 4x100m Free CR | M Age | | | | 41 | 4x100 Medley C Relay | F Youth |
| | | | | | | 24 | 4x100m Free CR | F Youth | | | | 42 | 4x100 Medley C Relay | M Youth |
| | | | | | | 25 | 4x100m Free CR | M Youth | | | | | | |
| Session 2 – Finals Warm Up 4.00-5.00pm, Start 5.10pm | | | Session 4 – Finals Warm Up 4.00-5.00pm, Start 5.10pm | | | Session 6 – Finals Warm Up 4.00-5.00pm, Start 5.10pm | | | Session 8 – Finals Warm Up 4.00-5.00pm, Start 5.10pm | | | Session 10 – Finals Warm Up 4.00-5.00pm, Start 5.10pm | | |
| 1 | 400m Free | M 13 years | 8 | 200m Breast | F 13 years | 15 | 400m IM | M 13 years | 26 | 100m Fly* | F 13 years | 33 | 400m Free | F 13 years |
| | | M 14 years | | | F 14 years | | | M 14 years | | | F 14 years | | | F 14 years |
| | | M 15 years | | | F 15 years | | | M 15 years | | | F 15 years | | | F 15 years |
| | | M 16 years | | | F 16 years | | | M 16 years | | | F 16 years | | | F 16 years |
| | | M 17-18 years | | | F 17-18 years | | | M 17-18 years | | | F 17-18 years | | | F 17-18 years |
| 2 | 100m Free | F 13 years | 9 | 200m Breast | M 13 years | 16 | 50m Fly | F 13 years | 27 | 400m IM | F 13 years | 34 | 200m IM | M 13 years |
| | | F 14 years | | | M 14 years | | | F 14 years | | | F 14 years | | | M 14 years |
| | | F 15 years | | | M 15 years | | | F 15 years | | | F 15 years | | | M 15 years |
| | | F 16 years | | | M 16 years | | | F 16 years | | | F 16 years | | | M 16 years |
| | | F 17-18 years | | | M 17-18 years | | | F 17-18 years | | | F 17-18 years | | | M 17-18 years |
| 3 | 50m Breast | M 13 years | 10 | 50m Free | F 13 years | 17 | 50m Fly | M 13 years | 28 | 200m Back | M 13 years | 35 | 200m IM | F 13 years |
| | | M 14 years | | | F 14 years | | | M 14 years | | | M 14 years | | | F 14 years |
| | | M 15 years | | | F 15 years | | | M 15 years | | | M 15 years | | | F 15 years |
| | | M 16 years | | | F 16 years | | | M 16 years | | | M 16 years | | | F 16 years |
| | | M 17-18 years | | | F 17-18 years | | | M 17-18 years | | | M 17-18 years | | | F 17-18 years |
| 4 | 50m Breast | F 13 years | 11 | 50m Free | M 13 years | 18 | 100m Breast | M 13 years | 29 | 200m Back | F 13 years | 36 | 50m Back | M 13 years |
| | | F 14 years | | | M 14 years | | | M 14 years | | | F 14 years | | | M 14 years |
| | | F 15 years | | | M 15 years | | | M 15 years | | | F 15 years | | | M 15 years |
| | | F 16 years | | | M 16 years | | | M 16 years | | | F 16 years | | | M 16 years |
| | | F 17-18 years | | | M 17-18 years | | | M 17-18 years | | | F 17-18 years | | | M 17-18 years |
| 5 | 200m Fly | M 13 years | 12 | 100m Back | F 13 years | 19 | 200m Free | F 13 years | 30 | 100m Fly | M 13 years | 37 | 50m Back | F 13 years |
| | | M 14 years | | | F 14 years | | | F 14 years | | | M 14 years | | | F 14 years |
| | | M 15 years | | | F 15 years | | | F 15 years | | | M 15 years | | | F 15 years |
| | | M 16 years | | | F 16 years | | | F 16 years | | | M 16 years | | | F 16 years |
| | | M 17-18 years | | | F 17-18 years | | | F 17-18 years | | | M 17-18 years | | | F 17-18 years |
| 6 | 200m Fly | F 13 years | 13 | 800m Free (TF) | M 13-18 years | 20 | 200m Free | M 13 years | 31 | 100m Breast | F 13 years | 38 | 100m Free | M 13 years |
| | | F 14 years | | | | | | M 14 years | | | F 14 years | | | M 14 years |
| | | F 15 years | | | | | | M 15 years | | | F 15 years | | | M 15 years |
| | | F 16 years | | | | | | M 16 years | | | F 16 years | | | M 16 years |
| | | F 17-18 years | | | | | | M 17-18 years | | | F 17-18 years | | | M 17-18 years |
| 7 | 100m Back | M 13 years | 14 | 800m Free (TF) | F 13-18 years | 21 | 1500m Free (TF) | F 13-18 years | 32 | 1500m Free (TF) | M 13-18 years | 39 | 4x100 Medley C Relay | F Age |
| | | M 14 years | | | | | | | | | | 40 | 4x100 Medley C Relay | M Age |
| | | M 15 years | | | | | | | | | | 41 | 4x100 Medley C Relay | F Youth |
| | | M 16 years | | | | | | | | | | 42 | 4x100 Medley C Relay | M Youth |
| | | M 17-18 years | | | | | | | | | | | | |
| | | | | | | 22 | 4x100m Free CR | F Age | | | | | | |
| | | | | | | 23 | 4x100m Free CR | M Age | | | | | | |
| | | | | | | 24 | 4x100m Free CR | F Youth | | | | | | |
| | | | | | | 25 | 4x100m Free CR | M Youth | | | | | | |

*Note: as of 26 March 2019 the Female 100m Fly (event 30) has been moved to before the 400m IM (event 26) for both Heats & Finals. These have now be renumbered to be in sequential order.