

Friday 10 th November				Saturday 11 th November				Sunday 12 th November									
Heats - Session 1				Heats - Session 3				Heats - Session 5									
Warmup: 8am – 9.15am Competition: 9.25am				Warmup: 8am – 9.15am Competition: 9.25am				Warmup: 8am – 9.15am Competition: 9.25am									
1	100m Butterfly	M	12	400m Individual Medley	F	23	100m Freestyle	M	101	100m Butterfly MC	M	13	50m Freestyle	M	111	100m Freestyle MC	M
2	100m Butterfly	F	105	50m Freestyle MC	M	24	100m Freestyle	F	102	100m Butterfly MC	F	14	50m Freestyle	F	112	100m Freestyle MC	F
3	50m Breaststroke	M	106	50m Freestyle MC	F	25	100m Backstroke	M	4	50m Breaststroke	F	15	200m Butterfly	M	113	100m Backstroke MC	M
5	1500m Freestyle (FTF)	M	16	200m Butterfly	F	26	100m Backstroke	F	6	1500m Freestyle (FTF)	F	17	100m Breaststroke	M	114	100m Backstroke MC	F
7	400m Individual Medley	M	107	100m Breaststroke MC	M	27	200m Individual Medley	M	8	200m Backstroke	M	18	100m Breaststroke	F	115	200m Individual Medley MC	M
9	200m Backstroke	F	108	100m Breaststroke MC	F	28	200m Individual Medley	F	10	400m Freestyle	M	19	50m Backstroke	M	116	200m Individual Medley MC	F
103	400m Freestyle MC	M	20	50m Backstroke	F	29	800m Freestyle (TF)	M	11	400m Freestyle	F	21	200m Freestyle	M	30	800m Freestyle (TF)	F
104	400m Freestyle MC	F	109	200m Freestyle MC	M	31	200m Breaststroke	M				22	200m Freestyle	F	32	200m Breaststroke	F
												110	200m Freestyle MC	F	33	50m Butterfly	M
															34	50m Butterfly	F

Friday 10 th November				Saturday 11 th November				Sunday 12 th November									
Finals - Session 2				Finals - Session 4				Finals - Session 6									
Warmup: 4pm – 5.15pm Competition: 5.25pm				Warmup: 4pm – 5.15pm Competition: 5.25pm				Warmup: 4pm – 5.15pm Competition: 5.25pm									
1	100m Butterfly	M	12	400m Individual Medley	F	23	100m Freestyle	M	101	100m Butterfly MC	M	13	50m Freestyle	M	111	100m Freestyle MC	M
2	100m Butterfly	F	105	50m Freestyle MC	M	24	100m Freestyle	F	102	100m Butterfly MC	F	14	50m Freestyle	F	112	100m Freestyle MC	F
3	50m Breaststroke	M	106	50m Freestyle MC	F	25	100m Backstroke	M	4	50m Breaststroke	F	15	200m Butterfly	M	113	100m Backstroke MC	M
5	1500m Freestyle (FTF)	M	16	200m Butterfly	F	26	100m Backstroke	F	6	1500m Freestyle (FTF)	F	17	100m Breaststroke	M	114	100m Backstroke MC	F
7	400m Individual Medley	M	107	100m Breaststroke MC	M	27	200m Individual Medley	M	8	200m Backstroke	M	18	100m Breaststroke	F	115	200m Individual Medley MC	M
9	200m Backstroke	F	108	100m Breaststroke MC	F	28	200m Individual Medley	F	10	400m Freestyle	M	19	50m Backstroke	M	116	200m Individual Medley MC	F
103	400m Freestyle MC	M	20	50m Backstroke	F	29	800m Freestyle (FTF)	M	11	400m Freestyle	F	21	200m Freestyle	M	30	800m Freestyle (FTF)	F
104	400m Freestyle MC	F	109	200m Freestyle MC	M	31	200m Breaststroke	M				22	200m Freestyle	F	32	200m Breaststroke	F
												110	200m Freestyle MC	F	33	50m Butterfly	M
															34	50m Butterfly	F

Please note: the Women's 400m IM has been adjusted to avoid a clash to assist the best chance of swimmers qualifying