

Day 1 Warm-up from midday (12:00pm) Racing from 12:45pm			Day 2 Warm-up from 9.00am Racing from 9.45am		
1	100m Backstroke	M	21	50m Freestyle	F
2	100m Backstroke	F	22	50m Freestyle	M
3	50m Breaststroke	M	23	1500m Freestyle – <i>11 years & over</i>	F
4	50m Breaststroke	F	24	1500m Freestyle – <i>11 years & over</i>	M
5	800m Freestyle – <i>11 years & over</i>	M	25	100m Breaststroke	F
6	800m Freestyle – <i>11 years & over</i>	F	26	100m Breaststroke	M
7	100m Butterfly	M	27	200m Backstroke	F
8	100m Butterfly	F	28	200m Backstroke	M
9	400m Freestyle – <i>11 years & over</i>	M	29	200m Butterfly – <i>11 years & over</i>	F
10	400m Freestyle – <i>11 years & over</i>	F	30	200m Butterfly – <i>11 years & over</i>	M
10 minute Break			10 minute Break		
11	50m Backstroke	M	31	100m Individual Medley	F
12	50m Backstroke	F	32	100m Individual Medley	M
13	200m Individual Medley	M	33	200m Freestyle	F
14	200m Individual Medley	F	34	200m Freestyle	M
15	100m Freestyle	M	35	50m Butterfly	F
16	100m Freestyle	F	36	50m Butterfly	M
17	200m Breaststroke	M	37	400m Individual Medley – <i>11 years & over</i>	F
18	200m Breaststroke	F	38	400m Individual Medley – <i>11 years & over</i>	M
19	4x50m Freestyle Relay	M	39	4x50m Medley Relay	F
20	4x50m Freestyle Relay	F	40	4x50m Medley Relay	M