

AON 2020 NZ SHORT COURSE

6-10 OCTOBER
HAMILTON
WATERWORLD TE RAPA

Day 1 – Tuesday 6 Oct				Day 2 – Wednesday 7 Oct				Day 3 – Thursday 8 Oct				Day 4 – Friday 9 Oct				Day 5 – Saturday 10 Oct			
Session 1 - Heats				Session 3 – Heats				Session 5 - Heats				Session 7 - Heats				Session 9 - Heats			
Warm Up 7.15am 8.30am Start				Warm Up 7.15am 8.30am Start				Warm Up 7.15am 8.30am Start				Warm Up 7.15am 8.30am Start				Warm Up 7.15am 8.30am Start			
1	800m Free	M	13&O	9	100m Free	M	13&O	19	400m Free	M	13&O	29	200m Free	M	13&O	39	1500m Free	M	13&O
2	1500 Free	F	13&O	10	100m Free	F	13&O	219	400m Free	M	Para	30	200m Free	F	13&O	40	800m Free	F	13&O
3	100m Breast	M	13&O	11	400m IM	M	13&O	20	400m Free	F	13&O	31	50m Backstroke	M	13&O	41	200m Backstroke	M	13&O
4	100m Breast	F	13&O	12	400m IM	F	13&O	220	400m Free	F	Para	32	50m Backstroke	F	13&O	42	200m Backstroke	F	13&O
5	100m Backstroke	M	13&O	13	50m Breast	M	13&O	21	100m IM	M	13&O	33	50m Butterfly	M	13&O	43	100m Butterfly	M	13&O
6	100m Backstroke	F	13&O	14	50m Breast	F	13&O	22	100m IM	F	13&O	34	50m Butterfly	F	13&O	44	100m Butterfly	F	13&O
7	200m Butterfly	M	13&O	15	150m IM	M	Para	23	200m Breast	M	13&O	35	200m IM	M	13&O	45	4x100m MED CR	M	Open
8	200m Butterfly	F	13&O	16	150m IM	F	Para	24	200m Breast	F	13&O	36	200m IM	F	13&O	46	4x100m MED CR	F	Open
				17	4x100m FR CR	M	Open	25	50m Free	M	13&O	37	4x50m FR CR	M	Open				
				18	4x100m FR CR	F	Open	26	50m Free	F	13&O	38	4x50m FR CR	F	Open				
				27	4x50m MED CR	M	Open												
				28	4x50m MED CR	F	Open												
Session 2 - Finals				Session 4 - Finals				Session 6 - Finals				Session 8 - Finals				Session 10 - Finals			
Warm Up 3.40pm 5pm Start				Warm Up 3.50pm 5pm Start				Warm Up 3.50pm 5pm Start				Warm Up 3.50pm 5pm Start				Warm Up 3.50pm 5pm Start			
1	800m Free (FTF)	M	Open	109	100m Free	M	Open Para	119	400m Free	M	Open	129	200m Free	M	Open Para	39	1500m Free (FTF)	M	Open
2	1500 Free (FTF)	F	Open	110	100m Free	F	Open Para	120	400m Free	F	Open	130	200m Free	F	Open Para	40	800m Free (FTF)	F	Open
103	100m Breast	M	Open Para	111	400m IM	M	Open	121	100m IM	M	Open Para	131	50m Backstroke	M	Open Para	141	200m Backstroke	M	Open
104	100m Breast	F	Open Para	112	400m IM	F	Open	122	100m IM	F	Open Para	132	50m Backstroke	F	Open Para	142	200m Backstroke	F	Open
105	100m Backstroke	M	Open Para	113	50m Breast	M	Open Para	123	200m Breast	M	Open	133	50m Butterfly	M	Open Para	143	100m Butterfly	M	Open Para
106	100m Backstroke	F	Open Para	114	50m Breast	F	Open Para	124	200m Breast	F	Open	134	50m Butterfly	F	Open Para	144	100m Butterfly	F	Open Para
107	200m Butterfly	M	Open	215	150m IM	M	Para	125	50m Free	M	Open Para	135	200m IM	M	Open Para	45	4x100m MED CR	M	Open
108	200m Butterfly	F	Open	216	150m IM	F	Para	126	50m Free	F	Open Para	136	200m IM	F	Open Para	46	4x100m MED CR	F	Open
				17	4x100m FR CR	M	Open	27	4x50m MED CR	M	Open	37	4x50m FR CR	M	Open				
				18	4x100m FR CR	F	Open	28	4x50m MED CR	F	Open	38	4x50m FR CR	F	Open				