



Friday 7 March			Saturday 8 March			Saturday 8 March			Sunday 9 March		
Session 1			Session 2			Session 3			Session 4		
Warm-Up: 3pm – 3.50pm Competition: 4pm			Warm-Up: 7am – 7.50am Competition: 8am			Warm-Up: 3pm – 3.50pm Competition: 4pm			Warm-Up: 7am – 7.45am Competition: 8am		
1	6 x 50m Freestyle Club Relay	Mix	401	4 x 25m Freestyle Kick Club Relay	Mix	18	4 x 50m Medley Club Relay	Mix	27	4 x 50m Freestyle Club Relay	Mix
2	50m Breaststroke	F	10	100m Individual Medley	F	19	50m Butterfly	F	28	50m Freestyle	F
3	50m Breaststroke	M	11	100m Individual Medley	M	20	50m Butterfly	M	29	50m Freestyle	M
101	50m Breaststroke – SWD	Mix	103	100m Individual Medley - SWD	Mix	106	50m Butterfly – SWD	Mix	108	50m Freestyle – SWD	Mix
4	100m Butterfly	F	12	50m Backstroke	F	21	200m Backstroke	F	30	200m Individual Medley	F
5	100m Butterfly	M	13	50m Backstroke	M	22	200m Backstroke	M	31	200m Individual Medley	M
102	100m Butterfly – SWD	Mix	104	50m Backstroke – SWD	Mix	404	50m Freestyle Kick	F	32	100m Backstroke	F
6	200m Freestyle	F	14	200m Breaststroke	F	405	50m Freestyle Kick	M	33	100m Backstroke	M
7	200m Freestyle	M	15	200m Breaststroke	M	406	50m Freestyle Kick – SWD	Mix	109	100m Backstroke – SWD	Mix
8	6 x 50m Freestyle Club Relay	F	16	100m Freestyle	F	23	100m Breaststroke	F	34	4 x 50m Freestyle Club Relay	F
9	6 x 50m Freestyle Club Relay	M	17	100m Freestyle	M	24	100m Breaststroke	M	35	4 x 50m Freestyle Club Relay	M
			105	100m Freestyle – SWD	Mix	107	100m Breaststroke – SWD	Mix			
			402	4 x 25m Freestyle Kick Club Relay	F	25	4 x 50m Medley Club Relay	F			
			403	4 x 25m Freestyle Kick Club Relay	M	26	4 x 50m Medley Club Relay	M			

SWD = Swimmer with Disability