

Day 1			Day 2			Day 3			Day 4			Day 5		
Heats - Session 1			Heats - Session 3			Heats - Session 5			Heats - Session 7			Heats - Session 9		
Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 7am - 8.20am Competition: 8.30am		
1	100m Butterfly	F	11	100m Freestyle	F	23	100m Backstroke	F	35	200m Freestyle	F	45	200m Individual Medley	F
2	100m Butterfly	M	12	100m Freestyle	M	24	100m Backstroke	M	36	200m Freestyle	M	46	200m Individual Medley	M
101	100m Butterfly - MC	F	105	100m Freestyle - MC	F	110	100m Backstroke - MC	F	115	200m Freestyle - MC	F	119	200m Individual Medley - MC	F
102	100m Butterfly - MC	M	106	100m Freestyle - MC	M	111	100m Backstroke - MC	M	116	200m Freestyle - MC	M	120	200m Individual Medley - MC	M
3	50m Freestyle	F	13	200m Backstroke	F	25	50m Butterfly	F	37	100m Breaststroke	F	47	50m Backstroke	F
4	50m Freestyle	M	14	200m Backstroke	M	26	50m Butterfly	M	38	100m Breaststroke	M	48	50m Backstroke	M
103	50m Freestyle- MC	F	15	50m Breaststroke	F	112	50m Butterfly - MC	F	117	100m Breaststroke - MC	F	121	50m Backstroke - MC	F
104	50m Freestyle - MC	M	16	50m Breaststroke	M	113	50m Butterfly - MC	M	118	100m Breaststroke - MC	M	122	50m Backstroke - MC	M
5	800m Freestyle (TF)	F	107	50m Breaststroke - MC	F	27	200m Breaststroke	F	39	200m Butterfly	F	49	1500m Freestyle (TF)	F
6	1500m Freestyle (TF)	M	108	50m Breaststroke - MC	M	28	200m Breaststroke	M	40	200m Butterfly	M	50	800m Freestyle (TF)	M
			17	400m Individual Medley	F	29	400m Freestyle	F						
			18	400m Individual Medley	M	30	400m Freestyle	M						
						113	400m Freestyle - MC	F						
						114	400m Freestyle - MC	M						
Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm		
1	100m Butterfly	F	11	100m Freestyle	F	23	100m Backstroke	F	35	200m Freestyle	F	45	200m Individual Medley	F
2	100m Butterfly	M	12	100m Freestyle	M	24	100m Backstroke	M	36	200m Freestyle	M	46	200m Individual Medley	M
101	100m Butterfly - MC	F	105	100m Freestyle - MC	F	110	100m Backstroke - MC	F	115	200m Freestyle - MC	F	119	200m Individual Medley - MC	F
102	100m Butterfly - MC	M	106	100m Freestyle - MC	M	111	100m Backstroke - MC	M	116	200m Freestyle - MC	M	120	200m Individual Medley - MC	M
3	50m Freestyle	F	13	200m Backstroke	F	25	50m Butterfly	F	37	100m Breaststroke	F	47	50m Backstroke	F
4	50m Freestyle	M	14	200m Backstroke	M	26	50m Butterfly	M	38	100m Breaststroke	M	48	50m Backstroke	M
103	50m Freestyle- MC	F	15	50m Breaststroke	F	112	50m Butterfly - MC	F	117	100m Breaststroke - MC	F	121	50m Backstroke - MC	F
104	50m Freestyle - MC	M	16	50m Breaststroke	M	113	50m Butterfly - MC	M	118	100m Breaststroke - MC	M	122	50m Backstroke - MC	M
5	800m Freestyle (FTF)	F	107	50m Breaststroke - MC	F	27	200m Breaststroke	F	39	200m Butterfly	F	49	1500m Freestyle (FTF)	F
6	1500m Freestyle (FTF)	M	108	50m Breaststroke - MC	M	28	200m Breaststroke	M	40	200m Butterfly	M	50	800m Freestyle (FTF)	M
7	4 x 100m Medley Relay (13-14)	F	17	400m Individual Medley	F	29	400m Freestyle	F	41	4 x 100m Freestyle Relay (13-14)	F	51	4 x 50m Freestyle Relay (13-14)	Mix
8	4 x 100m Medley Relay (13-14)	M	18	400m Individual Medley	M	30	400m Freestyle	M	42	4 x 100m Freestyle Relay (13-14)	M	52	4 x 50m Freestyle Relay (16&U)	Mix
9	4 x 100m Medley Relay (16&U)	F	19	4 x 50m Freestyle Relay (13-14)	F	113	400m Freestyle - MC	F	43	4 x 100m Freestyle Relay (16&U)	F	53	4 x 50m Medley Relay (13-14)	Mix
10	4 x 100m Medley Relay (16&U)	M	20	4 x 50m Freestyle Relay (13-14)	M	114	400m Freestyle - MC	M	44	4 x 100m Freestyle Relay (16&U)	M	54	4 x 50m Medley Relay (16&U)	Mix
			21	4 x 50m Freestyle Relay (16&U)	F	31	4 x 50m Medley Relay (13-14)	F						
			22	4 x 50m Freestyle Relay (16&U)	M	32	4 x 50m Medley Relay (13-14)	M						
						33	4 x 50m Medley Relay (16&U)	F						
						34	4 x 50m Medley Relay (16&U)	M						