



Swimming Schedule as of 18.11.2022 (Schedule subject to change)

(H) – Heat

(F) – Final

** 15 m races will take place in the Learners Pool at approx. 10am for both Heats and Finals

Date	Time	Order of Events
Friday 9 th December	8.30am –4.30pm	**15m Walk (H) **15m Kickboard (H) **15m unassisted Swim (H) 800m Freestyle (H) 100m Breastroke (H) 50m Butterfly (H) 100m individual Medley (H) 50m Freestyle (H) BREAK 200m Backstroke (H) 25m Breastroke (H) 4x25m Freestyle Relay (H)
Saturday 10 th December	8.30am – 4.30pm	**15m Walk (F) **15m Kickboard (F) **15m unassisted Swim (F) 800m Freestyle (F) 100m Breastroke (F) 50m Butterfly (F) 100m Individual Medley (F) AWARDS 50m Freestyle (F) 200m Backstroke (F) 25m Breastroke (F) 4x 25m Freestyle Relay (F) AWARDS 400m Freestyle (H) 50m Breastroke (H) 100m Backstroke (H)

		25m Backstroke (H) 200m Breaststroke (H) 100m Freestyle (H) 25m Butterfly (H) 4x50m Medley Relay (H)
--	--	---

Sunday 11th December	8.30am – 4.30pm	400m Freestyle (F) 50m Breaststroke (F) 100m Backstroke (F) 25m Backstroke (F) AWARDS 200m Breaststroke (F) 100m Freestyle (F) 25m Butterfly (F) 4x50m Medley Relay (F) AWARDS 200m Individual Medley (H) 50m Backstroke (H) 25m Freestyle (H) 200m Freestyle (H) 4x25m Medley Relay (H) 4x 50m Freestyle (H)
Monday 12th December	8.30am – 1.30pm	200m Individual Medley (F) 50m Backstroke (F) 25m Freestyle (F) AWARDS 200m Freestyle (F) 4x25m medley Relay (F) 4x50m Freestyle Relay (F) AWARDS