

Event Schedule

Day 1				Day 2			Day 3			Day 4		
Session 1				Session 2			Session 4			Session 6		
Warm-Up: 3pm - 4.10pm Competition: 4.25pm			Warm-Up: 7am - 8.20am Competition: 8.45am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			
1	400m Freestyle	М	11	2 x 50m Freestyle Relay	Mix	30	8 x 50m Freestyle Relay	Mix	49	4 x 50m Freestyle Relay (U16)	М	
2	400m Freestyle	F	12	100m Individual Medley	М	31	100m Breaststroke	М	50	4 x 50m Freestyle Relay (U16)	F	
3	4 x 50m Medley Relay (U16)	М	112	100m Individual Medley - MC	М	131	100m Breaststroke - MC	М	51	200m Individual Medley	М	
4	4 x 50m Medley Relay (U16)	F	13	100m Individual Medley	F	32	100m Breaststroke	F	151	200m Individual Medley - MC	М	
5	4 x 50m Medley Relay (16&O)	М	113	100m Individual Medley - MC	F	132	100m Breaststroke - MC	F	52	200m Individual Medley	F	
6	4 x 50m Medley Relay (16&O)	F	14	200m Breaststroke	М	33	50m Butterfly	М	152	200m Individual Medley - MC	F	
7	4 x 100m Freestyle Relay (U16)	М	15	200m Breaststroke	F	133	50m Butterfly - MC	М	53	4 x 50m Freestyle Relay (16&O)	М	
8	4 x 100m Freestyle Relay (U16)	F	16	100m Backstroke	М	34	50m Butterfly	F	54	4 x 50m Freestyle Relay (16&O)	F	
9	4 x 100m Freestyle Relay (16&O)	М	116	100m Backstroke - MC	М	134	50m Butterfly - MC	F	55	50m Freestyle	М	
10	4 x 100m Freestyle Relay (16&O)	F	17	100m Backstroke	F	35	200m Backstroke	М	155	50m Freestyle - MC	М	
			117	100m Backstroke - MC	F	36	200m Backstroke	F	56	50m Freestyle	F	
			18	2 x 50m Freestyle Relay	М	37	8 x 50m Freestyle Relay	М	156	50m Freestyle - MC	F	
			19	2 x 50m Freestyle Relay	F	38	8 x 50m Freestyle Relay	F				

	Day 2	Day 3					
	Session 3	Session 5					
	Warm-Up: 3pm - 4.10pm Competition: 4.25pm	Warm-Up: 3pm - 4.10pm Competition: 4.25pm					
20	Random Medley Skins	М	39	Random Medley Skins	М		
21	5 x 50m (U16)	F	40	5 x 50m (16&O)	F		
22	200m Butterfly	М	41	50m Backstroke	М		
23	200m Butterfly	F	141	50m Backstroke - MC	М		
24	50m Breaststroke	М	42	50m Backstroke	F		
124	50m Breaststroke - MC	М	142	50m Backstroke - MC	F		
25	50m Breaststroke	F	43	100m Butterfly	М		
125	50m Breaststroke - MC	F	44	100m Butterfly	F		
26	100m Freestyle	М	45	200m Freestyle	М		
126	100m Freestyle - MC	М	145	200m Freestyle - MC	М		
27	100m Freestyle	F	46	200m Freestyle	F		
127	100m Freestyle - MC	F	146	200m Freestyle - MC	F		
28	4 x 50m Freestyle Relay (U16)	Mix	47	4 x 50m Medley Relay (U16)	Mix		
29	4 x 50m Freestyle Relay (16&O)	Mix	48	4 x 50m Medley Relay (16&O)	Mix		

Note: *Where it is noted (Para) these events are available to both Able-Bodied and Para Swimmers.



