Heats

	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 - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am	
1	100m Backstroke	M	11	50m Butterfly	M	19	200m Backstroke	M	29	50m Backstroke	M	37	50m Freestyle	M
101	100m Backstroke - MC	M	107	50m Butterfly - MC	M	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
2	100m Backstroke	W	12	50m Butterfly	W	21	100m Butterfly	M	30	50m Backstroke	W	38	50m Freestyle	W
102	100m Backstroke - MC	W	108	50m Butterfly - MC	W	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
3	100m Individual Medley	M	13	400m Individual Medley	M	22	100m Butterfly	W	31	200m Butterfly	M	39	200m Individual Medley	M
103	100m Individual Medley - MC	M	14	400m Individual Medley	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
4	100m Individual Medley	W	15	200m Freestyle	M	23	50m Breaststroke	M	33	100m Breaststroke	M	40	200m Individual Medley	W
104	100m Individual Medley - MC	W	109	400m Freestyle - MC	M	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M	126	200m Individual Medley - MC	W
5	200m Breaststroke	M	16	200m Freestyle	W	24	50m Breaststroke	W	34	100m Breaststroke	W	41	1500m Freestyle (TF)	M
6	200m Breaststroke	W	110	400m Freestyle - MC	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	42	800m Freestyle (TF)	W
105	150m Individual Medley - MC	M				25	400m Freestyle	M	35	100m Freestyle	M			
106	150m Individual Medley - MC	W				115	200m Freestyle - MC	M	121	100m Freestyle - MC	M			
7	800m Freestyle (TF)	M				26	400m Freestyle	W	36	100m Freestyle	W			
8	1500m Freestyle (TF)	W				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W			

Finals

	Day 1			Day 2			Day 3			Day 4			Day 5	
	Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10	
	Warm-Up: 4pm - 5.25pm Competition: 5.45pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm	
1	100m Backstroke	M	11	50m Butterfly	M	19	200m Backstroke	M	29	50m Backstroke	M	37	50m Freestyle	M
101	100m Backstroke - MC	M	107	50m Butterfly - MC	M	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
2	100m Backstroke	W	12	50m Butterfly	W	21	100m Butterfly	M	30	50m Backstroke	W	38	50m Freestyle	W
102	100m Backstroke - MC	W	108	50m Butterfly - MC	W	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
3	100m Individual Medley	M	13	400m Individual Medley	M	22	100m Butterfly	W	31	200m Butterfly	M	39	200m Individual Medley	M
103	100m Individual Medley - MC	M	14	400m Individual Medley	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
4	100m Individual Medley	W	15	200m Freestyle	M	23	50m Breaststroke	M	33	100m Breaststroke	M	40	200m Individual Medley	W
104	100m Individual Medley - MC	W	109	400m Freestyle - MC	M	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M	126	200m Individual Medley - MC	W
5	200m Breaststroke	M	16	200m Freestyle	W	24	50m Breaststroke	W	34	100m Breaststroke	W	41	1500m Freestyle (FTF)	M
6	200m Breaststroke	W	110	400m Freestyle - MC	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	42	800m Freestyle (FTF)	W
105	150m Individual Medley - MC	M	17	4 x 50m Medley Relay	M	25	400m Freestyle	M	35	100m Freestyle	M	43	4 x 100m Medley Relay	M
106	150m Individual Medley - MC	W	18	4 x 50m Medley Relay	W	115	200m Freestyle - MC	M	121	100m Freestyle - MC	M	44	4 x 100m Medley Relay	W
7	800m Freestyle (FTF)	M				26	400m Freestyle	W	36	100m Freestyle	W			
8	1500m Freestyle (FTF)	W				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W			
9	4 x 100m Freestyle Relay	M				27	4 x 50m Freestyle Relay	M						
10	4 x 100m Freestyle Relay	W				28	4 x 50m Freestyle Relay	W						

Swimming NEW ZEALAND