

Day 1			Day 2			Day 2			Day 3			Day 3		
Timed Finals - Session 1			Timed Finals - Session 2			Timed Finals - Session 3			Timed Finals - Session 4			Timed Finals - Session 5		
Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 3.30pm - 4.50pm Competition: 5pm			Warm-Up: 7am - 8.20am Competition: 8.30am			Warm-Up: 3.30pm - 4.50pm Competition: 5pm		
1	100m Butterfly	F	11	400m Individual Medley	F	21	400m Freestyle	F	31	200m Butterfly	F	39	200m Individual Medley	F
2	100m Butterfly	M	12	400m Individual Medley	M	22	400m Freestyle	M	32	200m Butterfly	M	40	200m Individual Medley	M
3	50m Freestyle	F	13	100m Freestyle	F	23	200m Breaststroke	F	33	100m Breaststroke	F	41	50m Backstroke	F
4	50m Freestyle	M	14	100m Freestyle	M	24	200m Breaststroke	M	34	100m Breaststroke	M	42	50m Backstroke	M
5	100m Individual Medley	F	15	200m Backstroke	F	25	100m Backstroke	F	35	200m Freestyle	F	43	1500m Freestyle	F
6	100m Individual Medley	M	16	200m Backstroke	M	26	100m Backstroke	M	36	200m Freestyle	M	44	800m Freestyle	M
7	800m Freestyle	F	17	50m Breaststroke	F	27	50m Butterfly	F	37	4 x 100m Freestyle Relay	F	45	4 x 50m Freestyle Relay	Mix
8	1500m Freestyle	M	18	50m Breaststroke	M	28	50m Butterfly	M	38	4 x 100m Freestyle Relay	M	46	4 x 50m Medley Relay	Mix
9	4 x 100m Medley Relay	F	19	4 x 50m Freestyle Relay	F	29	4 x 50m Medley Relay	F						
10	4 x 100m Medley Relay	M	20	4 x 50m Freestyle Relay	M	30	4 x 50m Medley Relay	M						