

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	400m Individual Medley	F	23	400m Freestyle	F	35	200m Butterfly	F	45	200m Individual Medley	F
101	100m Butterfly - MC	F	12	400m Individual Medley	M	109	400m Freestyle - MC	F	36	200m Butterfly	M	119	200m Individual Medley - MC	F
2	100m Butterfly	M	13	100m Freestyle	F	24	400m Freestyle	M	37	100m Breaststroke	F	46	200m Individual Medley	M
102	100m Butterfly - MC	M	105	100m Freestyle - MC	F	110	400m Freestyle - MC	M	115	100m Breaststroke - MC	F	120	200m Individual Medley - MC	M
3	50m Freestyle	F	14	100m Freestyle	M	25	200m Breaststroke	F	38	100m Breaststroke	M	47	50m Backstroke	F
103	50m Freestyle - MC	F	106	100m Freestyle - MC	M	26	200m Breaststroke	M	116	100m Breaststroke - MC	M	121	50m Backstroke - MC	F
4	50m Freestyle	M	15	200m Backstroke	F	27	100m Backstroke	F	39	200m Freestyle	F	48	50m Backstroke	M
104	50m Freestyle - MC	M	16	200m Backstroke	M	111	100m Backstroke - MC	F	117	200m Freestyle - MC	F	122	50m Backstroke - MC	M
5	800m Freestyle (TF)	F	17	50m Breaststroke	F	28	100m Backstroke	M	40	200m Freestyle	M	49	1500m Freestyle (TF)	F
6	1500m Freestyle (TF)	M	107	50m Breaststroke - MC	F	112	100m Backstroke - MC	M	118	200m Freestyle - MC	M	50	800m Freestyle (TF)	M
			18	50m Breaststroke	M	29	50m Butterfly	F						
			108	50m Breaststroke - MC	M	113	50m Butterfly - MC	F						
						30	50m Butterfly	M						
						114	50m Butterfly - 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	400m Individual Medley	F	23	400m Freestyle	F	35	200m Butterfly	F	45	200m Individual Medley	F
101	100m Butterfly - MC	F	12	400m Individual Medley	M	109	400m Freestyle - MC	F	36	200m Butterfly	M	119	200m Individual Medley - MC	F
2	100m Butterfly	M	13	100m Freestyle	F	24	400m Freestyle	M	37	100m Breaststroke	F	46	200m Individual Medley	M
102	100m Butterfly - MC	M	105	100m Freestyle - MC	F	110	400m Freestyle - MC	M	115	100m Breaststroke - MC	F	120	200m Individual Medley - MC	M
3	50m Freestyle	F	14	100m Freestyle	M	25	200m Breaststroke	F	38	100m Breaststroke	M	47	50m Backstroke	F
103	50m Freestyle - MC	F	106	100m Freestyle - MC	M	26	200m Breaststroke	M	116	100m Breaststroke - MC	M	121	50m Backstroke - MC	F
4	50m Freestyle	M	15	200m Backstroke	F	27	100m Backstroke	F	39	200m Freestyle	F	48	50m Backstroke	M
104	50m Freestyle - MC	M	16	200m Backstroke	M	111	100m Backstroke - MC	F	117	200m Freestyle - MC	F	122	50m Backstroke - MC	M
5	800m Freestyle (FTF)	F	17	50m Breaststroke	F	28	100m Backstroke	M	40	200m Freestyle	M	49	1500m Freestyle (FTF)	F
6	1500m Freestyle (FTF)	M	107	50m Breaststroke - MC	F	112	100m Backstroke - MC	M	118	200m Freestyle - MC	M	50	800m Freestyle (FTF)	M
7	4 x 100m Medley Relay (13-14)	F	18	50m Breaststroke	M	29	50m Butterfly	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	108	50m Breaststroke - MC	M	113	50m Butterfly - MC	F	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	30	50m Butterfly	M	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	50m Butterfly - 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						