

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: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am		
1	400m Individual Medley + MCTF*	F	11	100m Freestyle	F	18	400m Freestyle	F	28	200m Butterfly + MCTF*	F	35	200m Individual Medley	F
2	400m Individual Medley + MCTF*	M	12	100m Freestyle	M	112	400m Freestyle - MC	F	29	200m Butterfly + MCTF*	M	122	200m Individual Medley - MC	F
101	100m Breaststroke - MC	F	106	200m Freestyle - MC	F	19	400m Freestyle	M	118	50m Breaststroke - MC	F	36	200m Individual Medley	M
102	100m Breaststroke - MC	M	107	200m Freestyle - MC	M	113	400m Freestyle - MC	M	119	50m Breaststroke - MC	M	123	200m Individual Medley - MC	M
3	50m Freestyle	F	13	200m Backstroke + MCTF*	F	20	100m Backstroke	F	30	100m Breaststroke	F	37	50m Backstroke	F
4	50m Freestyle	M	14	200m Backstroke + MCTF*	M	21	100m Backstroke	M	31	100m Breaststroke	M	38	50m Backstroke	M
103	100m Backstroke - MC	F	108	100m Butterfly - MC	F	114	50m Backstroke - MC	F	120	100m Freestyle - MC	F	124	50m Freestyle - MC	F
104	100m Backstroke - MC	M	109	100m Butterfly - MC	M	115	50m Backstroke - MC	M	121	100m Freestyle - MC	M	124	50m Freestyle - MC	M
5	100m Butterfly	F	15	50m Breaststroke	F	22	200m Breaststroke + MCTF*	F	32	200m Freestyle	F	39	1500m Freestyle (TF) + MCTF*	F
6	100m Butterfly	M	16	50m Breaststroke	M	23	200m Breaststroke + MCTF*	M	33	200m Freestyle	M	40	800m Freestyle (TF) + MCTF*	M
7	800m Freestyle (TF) + MCTF*	F	110	150m Individual Medley - MC	F	24	50m Butterfly	F						
8	1500m Freestyle (TF) + MCTF*	M	111	150m Individual Medley - MC	M	116	50m Butterfly - MC	F						
						25	50m Butterfly	M						
						117	50m Butterfly - MC	M						

Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm		
1	400m Individual Medley	F	11	100m Freestyle	F	18	400m Freestyle	F	28	200m Butterfly	F	35	200m Individual Medley	F
2	400m Individual Medley	M	12	100m Freestyle	M	112	400m Freestyle - MC	F	29	200m Butterfly	M	122	200m Individual Medley - MC	F
101	100m Breaststroke - MC	F	106	200m Freestyle - MC	F	19	400m Freestyle	M	118	50m Breaststroke - MC	F	36	200m Individual Medley	M
102	100m Breaststroke - MC	M	107	200m Freestyle - MC	M	113	400m Freestyle - MC	M	119	50m Breaststroke - MC	M	123	200m Individual Medley - MC	M
3	50m Freestyle	F	13	200m Backstroke	F	20	100m Backstroke	F	30	100m Breaststroke	F	37	50m Backstroke	F
4	50m Freestyle	M	14	200m Backstroke	M	21	100m Backstroke	M	31	100m Breaststroke	M	38	50m Backstroke	M
103	100m Backstroke - MC	F	108	100m Butterfly - MC	F	114	50m Backstroke - MC	F	120	100m Freestyle - MC	F	123	50m Freestyle - MC	F
104	100m Backstroke - MC	M	109	100m Butterfly - MC	M	115	50m Backstroke - MC	M	121	100m Freestyle - MC	M	124	50m Freestyle - MC	M
5	100m Butterfly	F	15	50m Breaststroke	F	22	200m Breaststroke	F	32	200m Freestyle	F	39	1500m Freestyle (FTF)	F
6	100m Butterfly	M	16	50m Breaststroke	M	23	200m Breaststroke	M	33	200m Freestyle	M	40	800m Freestyle (FTF)	M
7	800m Freestyle (FTF)	F	110	150m Individual Medley - MC	F	24	50m Butterfly	F	34	4 x 100m Medley Relay	Mix	125	4 x 100m Medley Relay - MC	Mix
8	1500m Freestyle (FTF)	M	111	150m Individual Medley - MC	M	116	50m Butterfly - MC	F				41	4 x 100m Medley Relay	F
105	4 x 100m Freestyle Relay - MC	Mix	17	4 x 100m Freestyle Relay	Mix	25	50m Butterfly	M				42	4 x 100m Medley Relay	M
9	4 x 100m Freestyle Relay	F				117	50m Butterfly - MC	M						
10	4 x 100m Freestyle Relay	M				26	4 x 200m Freestyle Relay	F						
						27	4 x 200m Freestyle Relay	M						

MCTF* - denotes an event S14 – S19 swimmers can race for medals. These will be raced as timed finals within the overall event heat