



# EVENT SCHEDULE

2023 Apollo Projects  
National Age Group  
Swimming Championships

Updated: 05 November 2022

**WEDNESDAY**  
12 APRIL

**THURSDAY**  
13 APRIL

**FRIDAY**  
14 APRIL

**SATURDAY**  
15 APRIL

**SUNDAY**  
16 APRIL

**HEATS**

**HEATS**

**HEATS**

**HEATS**

**HEATS**

**WARM UP**  
7:30 - 8:55am

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7:30 - 8:55am

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7:30 - 8:55am

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7:30 - 8:55am

**START** 9:10am  
400M FREE (F)  
100M FLY (M/F)  
100M BREAST (M)  
100M BREAST MC (M)  
100M BREAST MC (F)  
200M IM (F)  
50M BACK (M/F)  
800M FREE (TF) (M)

**START** 9:10am  
200M FREE (M)  
50M FREE MC (M)  
50M FREE MC (F)  
200M BREAST (M/F)  
50M FREE (F)  
50M FLY (M)  
50M FLY MC (M/F)  
800M FREE (TF) (F)

**START** 9:10am  
200M BACK (M/F)  
400M IM (M/F)  
100M FREE MC (M)  
100M FREE MC (F)  
100M FREE (M)  
100M FREE (F)

**START** 9:10am  
100M BREAST (F)  
200M IM (M)  
200M IM MC (M/F)  
200M FREE (F)  
50M FREE (M)  
50M FLY (F)  
1500M FREE TF (M)

**START** 9:10am  
100M BACK (M/F)  
100M BACK MC (M/F)  
200M FLY (M/F)  
400M FREE (M)  
50M BREAST (M/F)  
1500M FREE TF (F)

**FINALS**

**FINALS**

**FINALS**

**FINALS**

**FINALS**

**WARM UP**  
4:00 - 5:25pm

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4:00 - 5:25pm

**START** 5:45pm  
400M FREE (F)  
100M FLY (M/F)  
100M BREAST (M)  
100M BREAST MC (M)  
100M BREAST MC (F)  
200M IM (F)  
50M BACK (M/F)  
800M FREE (TF) (M)  
4X50M FREE (MIX)

**START** 6pm  
200M FREE (M)  
50M FREE MC (M)  
50M FREE MC (F)  
200M BREAST (M/F)  
50M FREE (F)  
50M FLY (M)  
50M FLY MC (M/F)  
4X100M FREE (M)  
4X100M FREE (F)

**START** 6pm  
200M BACK (M/F)  
400M IM (M/F)  
100M FREE MC (M)  
100M FREE MC (F)  
100M FREE (M)  
100M FREE (F)  
4X50M MEDLEY (MIX)

**START** 6pm  
1500M FREE TF (M)  
100M BREAST (F)  
200M IM (M)  
200M IM MC (M/F)  
200M FREE (F)  
50M FREE (M)  
50M FLY (F)  
4X100M MEDLEY (F)  
4X100M MEDLEY (M)

**START** 6pm  
1500M FREE TF (F)  
100M BACK (M/F)  
100M BACK MC (M/F)  
200M FLY (M/F)  
400M FREE (M)  
50M BREAST (M/F)