

2024 XIII OCEANIA SWIMMING CHAMPIONSHIPS
GOLD COAST AQUATIC CENTRE
APRIL 21-24, 2024

Day 1			Day 2			Day 3			Day 4		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm up 8:15am - 9:45am Start 10:00am			Warm up 8:15am - 9:45am Start 10:00am			Warm up 8:15am - 9:45am Start 10:00am			Warm up 8:15am - 9:45am Start 10:00am		
1	50m Butterfly	M	13	400m IM	W	24	50m Breaststroke	W	34	Mixed 2 x 100m Free Relay	2M2W
2	50m Butterfly	W	14	400m IM	M	25	50m Breaststroke	M	35	800m Freestyle TF	M
3	200m Freestyle	M	15	50m Backstroke	W	26	400m Freestyle	W	36	800m Freestyle TF	W
4	200m Freestyle	W	16	50m Backstroke	M	27	400m Freestyle	M	37	200m IM	M
5	100m Backstroke	M	17	100m Freestyle	W	28	100m Butterfly	W	38	200m IM	W
6	100m Backstroke	W	18	100m Freestyle	M	29	100m Butterfly	M	39	50m Freestyle	M
7	200m Butterfly	M	19	100m Breaststroke	W	30	200m Backstroke	W	40	50m Freestyle	W
8	200m Butterfly	W	20	100m Breaststroke	M	31	200m Backstroke	M	41	200m Breaststroke	M
9	1500m Freestyle TF	M	21	Mixed 4 x 50m Medley Relay	2M2W	32	4 x 100m Free Relay	W	42	200m Breaststroke	W
10	1500m Freestyle TF	W	22	4 x 200m Free Relay	W	33	4 x 100m Free Relay	M	43	4 x 100m Medley Relay	M
11	Mixed 4 x 50m Free Relay	2M2W	23	4x200m Free Relay	M				44	4 x 100m Medley Relay	W
12	Mixed 4 x 100m Medley Relay	2M2W									

Day 1			Day 2			Day 3			Day 4		
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm up 4:45pm - 6:00pm Start 6:30pm			Warm up 4:45pm - 6:00pm Start 6:30pm			Warm up 4:45pm - 6:00pm Start 6:30pm			Warm up 4:45pm - 6:00pm Start 6:30pm		
1	50m Butterfly	M	13	400m IM	W	24	50m Breaststroke	W	34	Mixed 2 x 100m Free Relay	2M2W
2	50m Butterfly	W	14	400m IM	M	25	50m Breaststroke	M	35	800m Freestyle TF	M
<i>Medal Ceremony - 50 Fly M</i>			<i>Medal Ceremony - 400 IM W</i>			<i>Medal Ceremony - 50 Breast W</i>			<i>Medal Ceremony - 4x100 Free Relay Mx</i>		
3	200m Freestyle	M	15	50m Backstroke	W	26	400m Freestyle	W	36	800m Freestyle TF	W
<i>Medal Ceremony - 50 Fly W</i>			<i>Medal Ceremony - 400 IM M</i>			<i>Medal Ceremony - 50 Breast M</i>			<i>Medal Ceremony - 800 Free M</i>		
4	200m Freestyle	W	16	50m Backstroke	M	27	400m Freestyle	M	37	200m IM	M
<i>Medal Ceremony - 200 Free M</i>			<i>Medal Ceremony - 50 Back W</i>			<i>Medal Ceremony - 400 Free W</i>			<i>Medal Ceremony - 800 Free W</i>		
5	100m Backstroke	M	17	100m Freestyle	W	28	100m Butterfly	W	38	200m IM	W
<i>Medal Ceremony - 200 Free W</i>			<i>Medal Ceremony - 50 Back M</i>			<i>Medal Ceremony - 400 Free M</i>			<i>Medal Ceremony - 200 IM M</i>		
6	100m Backstroke	W	18	100m Freestyle	M	29	100m Butterfly	M	39	50m Freestyle	M
<i>Medal Ceremony - 100 Back M</i>			<i>Medal Ceremony - 100 Free W</i>			<i>Medal Ceremony - 100 Fly W</i>			<i>Medal Ceremony - 200 IM W</i>		
7	200m Butterfly	M	19	100m Breaststroke	W	30	200m Backstroke	W	40	50m Freestyle	W
<i>Medal Ceremony - 100 Back W</i>			<i>Medal Ceremony - 100 Free M</i>			<i>Medal Ceremony - 100 Fly M</i>			<i>Medal Ceremony - 50 Free M</i>		
8	200m Butterfly	W	20	100m Breaststroke	M	31	200m Backstroke	M	<i>Medal Ceremony - 50 Free W</i>		
<i>Medal Ceremony - 200 Fly M</i>			<i>Medal Ceremony - 100 Breast W</i>			<i>Medal Ceremony - 200 Back W</i>			41	200m Breaststroke	M
9	1500m Freestyle TF	M	<i>Medal Ceremony - 100 Breast M</i>			<i>Medal Ceremony - 200 Back M</i>			42	200m Breaststroke	W
10	1500m Freestyle TF	W	21	Mixed 4 x 50m Medley Relay	2M2W	32	4 x 100m Free Relay	W	<i>Medal Ceremony - 200 Breast M</i>		
<i>Medal Ceremony - 200 Fly W</i>			22	4 x 200m Free Relay	W	33	4 x 100m Free Relay	M	<i>Medal Ceremony - 200 Breast W</i>		
<i>Medal Ceremony - 1500 Free M & W</i>			23	4x200m Free Relay	M	<i>Medal Ceremony - 4x100 Free Relay W</i>			43	4 x 100m Medley Relay	M
11	Mixed 4 x 50m Free Relay	2M2W	<i>Medal Ceremony - 4x50 Med Relay Mx</i>			<i>Medal Ceremony - 4x100 Free Relay M</i>			44	4 x 100m Medley Relay	W
12	Mixed 4 x 100m Medley Relay	2M2W	<i>Medal Ceremony - 4x200 Free Relay W</i>						<i>Medal Ceremony - 4x100 Med Relay M</i>		
<i>Medal Ceremony - 4x50 Free Relay Mx</i>			<i>Medal Ceremony - 4x200 Free Relay M</i>						<i>Medal Ceremony - 4x100 Med Relay W</i>		
<i>Medal Ceremony - 4x100 Med Relay Mx</i>											