

9-13 MAY



MOANA POOL DUNEDIN

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 - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am			Warm-up: 7am - 8.25am Start: 8.40am		
1	400m Freestyle (TF)	W	11	200m Freestyle	M	20	200m Backstroke	W	29	100m Breaststroke	W	39	100m Backstroke	M
2	100m Butterfly	M	12	200m Breaststroke	W	21	200m Backstroke	M	30	200m Individual Medley	M	40	100m Backstroke	W
3	100m Butterfly	W	13	200m Breaststroke	M	22	400m Individual Medley (TF)	W	31	200m Freestyle	W	41	200m Butterfly	M
4	100m Breaststroke	M	14	50m Freestyle	W	23	400m Individual Medley (TF)	M	32	50m Freestyle	M	42	200m Butterfly	W
5	200m Individual Medley	W	15	50m Butterfly	M	24	100m Freestyle	W	33	50m Butterfly	W	43	400m Freestyle (TF)	M
6	50m Backstroke	M	16	800m Freestyle (TF)	W	25	100m Freestyle	M	34	1500m Freestyle (TF)	M	44	50m Breaststroke	W
7	50m Backstroke	W	17	100m Individual Medley	M				35	100m Individual Medley	W	45	50m Breaststroke	M
8	800m Freestyle (TF)	M										46	1500m Freestyle (TF)	W

Day 1			Day 2			Day 3			Day 4			Day 5		
Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-up: 4pm - 5.25pm Start: 5.45pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm		
1	400m Freestyle (FTF)	W	11	200m Freestyle	M	20	200m Backstroke	W	29	100m Breaststroke	W	39	100m Backstroke	M
2	100m Butterfly	M	12	200m Breaststroke	W	21	200m Backstroke	M	30	200m Individual Medley	M	40	100m Backstroke	W
3	100m Butterfly	W	13	200m Breaststroke	M	22	400m Individual Medley (FTF)	W	31	200m Freestyle	W	41	200m Butterfly	M
4	100m Breaststroke	M	14	50m Freestyle	W	23	400m Individual Medley (FTF)	M	32	50m Freestyle	M	42	200m Butterfly	W
5	200m Individual Medley	W	15	50m Butterfly	M	24	100m Freestyle	W	33	50m Butterfly	W	43	400m Freestyle (FTF)	M
6	50m Backstroke	M	16	800m Freestyle (FTF)	W	25	100m Freestyle	M	34	1500m Freestyle (FTF)	M	44	50m Breaststroke	W
7	50m Backstroke	W	17	100m Individual Medley	M	26	4 x 50m Medley Relay	Mix	35	100m Individual Medley	W	45	50m Breaststroke	M
8	800m Freestyle (FTF)	M	18	4 x 100m Freestyle Relay	M	27	4 x 50m Freestyle Relay	W	36	4 x 50m Freestyle Relay	Mix	46	1500m Freestyle (FTF)	W
9	4 x 50m Medley Relay	W	19	4 x 100m Freestyle Relay	W	28	4 x 50m Freestyle Relay	M	37	4 x 100m Medley Relay	M	47	8 x 50m Freestyle Relay	Mix
10	4 x 50m Medley Relay	M							38	4 x 100m Medley Relay	W			