

| Day 1 - Sun 18 March | | Day 2 - Mon 19 March | | Day 3 - Tues 20 March | | Day 4 - Wed 21 March | |
|---------------------------------|-------------------------------|---------------------------------|------------------------------|---------------------------------|-------------------------------|---------------------------------|---|
| Session 1 - Heats | | Session 3 - Heats | | Session 5 - Heats | | Session 7 - Heats | |
| Warm-up 7.30 - 8.50am Start 9am | | Warm-up 7.30 - 8.50am Start 9am | | Warm-up 7.30 - 8.50am Start 9am | | Warm-up 7.30 - 8.50am Start 9am | |
| 1 | 200m Back M 12-18 years | 12 | 200m IM M 12-18 years | 22 | 800m Free (TF) F 12-18 years | 33 | 1500m Free (TF) M 12-18 years |
| 2 | 200m Back F 12-18 years | 13 | 200m IM F 12-18 years | 23 | 200m Fly M 12-18 years | 34 | 100m Fly F 12-18 years |
| 3 | 100m Breast M 12-18 years | 14 | 100m Back M 12-18 years | 24 | 200m Fly F 12-18 years | 35 | 200m Breast M 12-18 years |
| 4 | 100m Breast F 12-18 years | 15 | 100m Back F 12-18 years | 25 | 100m Free M 12-18 years | 36 | 200m Breast F 12-18 years |
| 5 | 50m Fly M 12-18 years | 16 | 50m Breast M 12-18 years | 26 | 100m Free F 12-18 years | 37 | 100m Fly M 12-18 years |
| 6 | 50m Fly F 12-18 years | 17 | 50m Breast F 12-18 years | 27 | 50m Back M 12-18 years | 38 | 50m Free F 12-18 years |
| 7 | 400m Free (TF) M 12-18 years | 18 | 200m Free M 12-18 years | 28 | 50m Back F 12-18 years | 39 | 50m Free M 12-18 years |
| 8 | 400m Free (TF) F 12-18 years | 19 | 200m Free F 12-18 years | 29 | 400m IM (TF) M 12-18 years | 40 | 400m IM (TF) F 12-18 years |
| 9 | 100m IM M 12-18 years | | | 30 | 100m IM F 12-18 years | | |
| Session 2 - Finals | | Session 4 - Finals | | Session 6 - Finals | | Session 8 - Finals | |
| Warm-up 4.30 - 5.30pm Start 6pm | | Warm-up 4.30 - 5.50pm Start 6pm | | Warm-up 4.30 - 5.50pm Start 6pm | | Warm-up 4.30 - 5.50pm Start 6pm | |
| 1 | 200m Back M 12-13 years | 12 | 200m IM M 12-13 years | 22 | 800m Free (FTF) F 12-18 years | 33 | 1500m Free (FTF) M 12-18 years |
| | M 14 years | | M 14 years | 23 | 200m Fly M 12-13 years | 34 | 100m Fly F 12-13 years |
| | M 15 years | | M 15 years | | M 14 years | | F 14 years |
| | M 16 & Over | | M 16 & Over | | M 15 years | | F 15 years |
| 2 | 200m Back F 12-13 years | 13 | 200m IM F 12-13 years | | M 16 & Over | | F 16 & Over |
| | F 14 years | | F 14 years | 24 | 200m Fly F 12-13 years | 35 | 200m Breast M 12-13 years |
| | F 15 years | | F 15 years | | F 14 years | | M 14 years |
| | F 16 & Over | | F 16 & Over | | F 15 years | | M 15 years |
| 3 | 100m Breast M 12-13 years | 14 | 100m Back M 12-13 years | | F 16 & Over | | M 16 & Over |
| | M 14 years | | M 14 years | 25 | 100m Free M 12-13 years | 36 | 200m Breast F 12-13 years |
| | M 15 years | | M 15 years | | M 14 years | | F 14 years |
| | M 16 & Over | | M 16 & Over | | M 15 years | | F 15 years |
| 4 | 100m Breast F 12-13 years | 15 | 100m Back F 12-13 years | | M 16 & Over | | F 16 & Over |
| | F 14 years | | F 14 years | 26 | 100m Free F 12-13 years | 37 | 100m Fly M 12-13 years |
| | F 15 years | | F 15 years | | F 14 years | | M 14 years |
| | F 16 & Over | | F 16 & Over | | F 15 years | | M 15 years |
| 5 | 50m Fly M 12-13 years | 16 | 50m Breast M 12-13 years | | F 16 & Over | | M 16 & Over |
| | M 14 years | | M 14 years | 27 | 50m Back M 12-13 years | 38 | 50m Free F 12-13 years |
| | M 15 years | | M 15 years | | M 14 years | | F 14 years |
| | M 16 & Over | | M 16 & Over | | M 15 years | | F 15 years |
| 6 | 50m Fly F 12-13 years | 17 | 50m Breast F 12-13 years | | M 16 & Over | | F 16 & Over |
| | F 14 years | | F 14 years | 28 | 50m Back F 12-13 years | 39 | 50m Free M 12-13 years |
| | F 15 years | | F 15 years | | F 14 years | | M 14 years |
| | F 16 & Over | | F 16 & Over | | F 15 years | | M 15 years |
| 7 | 400m Free (FTF) M 12-18 years | 18 | 200m Free M 12-13 years | | F 16 & Over | | M 16 & Over |
| | | | M 14 years | 29 | 400m IM (FTF) M 12-18 years | 40 | 400m IM (FTF) F 12-18 years |
| 8 | 400m Free (FTF) F 12-18 years | | M 15 years | | | | |
| | | | M 16 & Over | 30 | 100 IM F 12-13 years | 41 | 4 x 50 Fr CR M 18 & Under |
| 9 | 100 IM M 12-13 years | 19 | 200m Free F 12-13 years | | F 14 years | 42 | 4 x 50 Fr CR F 18 & Under |
| | M 14 years | | F 14 years | | F 15 years | 43 | 8 x 50 Fr ZR <small>1 x M & 1 x F of each age group</small> |
| | M 15 years | | F 15 years | | F 16 & Over | | |
| | M 16 & Over | | F 16 & Over | | | | |
| 10 | 4x100m Free CR M 18 & Under | 20 | 4x50m Medley CR M 18 & Under | 31 | 4x100m Medley CR F 18 & Under | | |
| 11 | 4x100m Free CR F 18 & Under | 21 | 4x50m Medley CR F 18 & Under | 32 | 4x100m Medley CR M 18 & Under | | |