



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 Competition: 8.35am			Warm-Up: 7am - 8.25am Competition: 8.35am			Warm-Up: 7am - 8.25am Competition: 8.35am			Warm-Up: 7am - 8.25am Competition: 8.35am			Warm-Up: 7am - 8.25am Competition: 8.35am		
1	100m Backstroke	M	11	200m Freestyle	M	19	200m Backstroke	M	29	50m Backstroke	M	39	50m Freestyle	M
101	100m Backstroke - MC	M	12	200m Freestyle	W	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
2	100m Backstroke	W	13	50m Butterfly	M	21	100m Butterfly	M	30	50m Backstroke	W	40	50m Freestyle	W
102	100m Backstroke - MC	W	107	50m Butterfly - MC	M	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
3	200m Breaststroke	M	14	50m Butterfly	W	22	100m Butterfly	W	31	200m Butterfly	M	41	200m Individual Medley	M
4	200m Breaststroke	W	108	50m Butterfly - MC	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
103	150m Individual Medley	M	Age Group Medal Presentations (11 – 14)			Age Group Medal Presentations (19 – 22)			Age Group Medal Presentations (29 – 32)			42	200m Individual Medley	W
104	150m Individual Medley - MC	W	15	400m Individual Medley	M	23	50m Breaststroke	M	33	100m Breaststroke	M	126	200m Individual Medley - MC	W
Age Group Medal Presentations (1 – 4)			16	400m Individual Medley	W	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M	Age Group Medal Presentations (39 – 42)		
5	100m Individual Medley	M	109	400m Freestyle – MC (TF)	M	24	50m Breaststroke	W	34	100m Breaststroke	W	43	1500m Freestyle (TF)	M
105	100m Individual Medley - MC	M	110	400m Freestyle – MC (TF)	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	44	800m Freestyle (TF)	W
6	100m Individual Medley	W	Age Group Medal Presentations (15 – 16, 109 – 110)			25	400m Freestyle	M	35	100m Freestyle	M			
106	100m Individual Medley - MC	W				115	200m Freestyle - MC	M	121	100m Freestyle - MC	M			
7	800m Freestyle (TF)	M				26	400m Freestyle	W	36	100m Freestyle	W			
8	1500m Freestyle (TF)	W				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W			
Age Group Medal Presentations (5 – 6)						Age Group Medal Presentations (23 – 26)			Age Group Medal Presentations (33 – 36)					

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: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm			Warm-Up: 3.30pm - 4.45pm Competition: 5pm		
201	4 x 100m Freestyle Relay – MC	Mix	11	200m Freestyle	M	19	200m Backstroke	M	29	50m Backstroke	M	39	50m Freestyle	M
1	100m Backstroke	M	12	200m Freestyle	W	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
101	100m Backstroke - MC	M	13	50m Butterfly	M	21	100m Butterfly	M	30	50m Backstroke	W	40	50m Freestyle	W
2	100m Backstroke	W	107	50m Butterfly - MC	M	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
102	100m Backstroke - MC	W	14	50m Butterfly	W	22	100m Butterfly	W	31	200m Butterfly	M	41	200m Individual Medley	M
3	200m Breaststroke	M	108	50m Butterfly - MC	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
4	200m Breaststroke	W	Medal Presentations (11 – 14, 107 – 108)			Medal Presentations (19 – 22, 110 – 112)			Medal Presentations (29 – 32, 117 – 118)			42	200m Individual Medley	W
103	150m Individual Medley - MC	M	15	400m Individual Medley	M	23	50m Breaststroke	M	33	100m Breaststroke	M	126	200m Individual Medley - MC	W
104	150m Individual Medley - MC	W	16	400m Individual Medley	W	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M			
Medal Presentations (1 – 4, 101 – 104)			17	4 x 100m Medley Relay	M	24	50m Breaststroke	W	34	100m Breaststroke	W	Medal Presentations (39 – 42, 123 – 126)		
5	100m Individual Medley	M	18	4 x 100m Medley Relay	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	43	1500m Freestyle (FTF)	M
105	100m Individual Medley - MC	M	Medal Presentations (15 – 18)			25	400m Freestyle	M	35	100m Freestyle	M	44	800m Freestyle (FTF)	W
6	100m Individual Medley	W				115	200m Freestyle - MC	M	121	100m Freestyle - MC	M	45	4 x 100m Freestyle Relay	Mix
106	100m Individual Medley - MC	W				26	400m Freestyle	W	36	100m Freestyle	W	202	4 x 100m Medley Relay – MC	Mix
7	800m Freestyle (FTF)	M				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W	46	4 x 100m Medley Relay	Mix
8	1500m Freestyle (FTF)	W				27	4 x 50m Freestyle Relay	M	37	4 x 50m Medley Relay	M	Medal Presentations (43 – 46)		
9	4 x 100m Freestyle Relay	M				28	4 x 50m Freestyle Relay	W	38	4 x 50m Medley Relay	W	Trophy Presentations		
10	4 x 100m Freestyle Relay	W				Medal Presentations (23 – 28, 113 – 116)			Medal Presentations (33 – 38, 119 – 122)					
Medal Presentations (5 – 10, 105 – 106)														

Please note the order of Day 1 races was updated to provide more rest between 100m Back and 100m IM events

