



Saturday 8 March			Saturday 8 March			Sunday 9 March			Sunday 9 March		
Session 1			Session 2			Session 3			Session 4		
Warm-Up: 7am – 7.50am Competition: 8am			Warm-Up: 3pm – 3.50pm Competition: 4pm			Warm-Up: 7am – 7.50am Competition: 8am			Warm-Up: 1.30pm – 2.15pm Competition: 2.30pm		
1	6 x 50m Freestyle Club Relay	Mix	401	4 x 25m Freestyle Kick Club Relay	Mix	18	4 x 50m Medley Club Relay	Mix	27	4 x 50m Freestyle Club Relay	Mix
2	200m Freestyle	F	12	100m Individual Medley	F	19	100m Freestyle	F	28	200m Individual Medley	F
3	200m Freestyle	M	13	100m Individual Medley	M	20	100m Freestyle	M	29	200m Individual Medley	M
4	50m Breaststroke	F	104	100m Individual Medley - SWD	Mix	107	100m Freestyle – SWD	Mix	30	100m Breaststroke	F
5	50m Breaststroke	M	4	50m Backstroke	F	21	200m Breaststroke	F	31	100m Breaststroke	M
101	50m Breaststroke - SWD	Mix	15	50m Backstroke	M	22	200m Breaststroke	M	108	100m Breaststroke – SWD	Mix
6	100m Backstroke	F	105	50m Backstroke – SWD	Mix	404	50m Freestyle Kick	F	32	100m Butterfly	F
7	100m Backstroke	M	16	50m Freestyle	F	405	50m Freestyle Kick	M	33	100m Butterfly	M
102	100m Backstroke - SWD	Mix	17	50m Freestyle	M	406	50m Freestyle Kick – SWD	Mix	109	100m Butterfly – SWD	Mix
8	50m Butterfly	F	106	50m Freestyle – SWD	Mix	23	200m Backstroke	F	34	4 x 50m Freestyle Club Relay	F
9	50m Butterfly	M	402	4 x 25m Freestyle Kick Club Relay	F	24	200m Backstroke	M	35	4 x 50m Freestyle Club Relay	M
103	50m Butterfly – SWD	Mix	403	4 x 25m Freestyle Kick Club Relay	M	25	4 x 50m Medley Club Relay	F			
10	6 x 50m Freestyle Club Relay	F				26	4 x 50m Medley Club Relay	M			
11	6 x 50m Freestyle Club Relay	M									

SWD = Swimmer with Disability