

Friday 23 May			Saturday 24 May			Sunday 25 May		
Timed Finals - Session 1			Timed Finals - Session 2			Timed Finals - Session 3		
Warm-Up: 12pm - 12.30pm** Competition: 12.35pm**			Warm-Up: 12pm - 12.30pm** Competition: 12.35pm**			Warm-Up: 12pm - 12.30pm** Competition: 12.35pm**		
1	800m Freestyle	M & F	3	4 x 50m Medley Relay	M	15	4 x 50m Medley Relay	Mix
2	1500m Freestyle	M & F	4	4 x 50m Medley Relay	F	16	50m Butterfly	M & F
			5	200m Freestyle	M & F	17	400m Freestyle	M & F
			6	200m Breaststroke	M & F	18	100m Breaststroke	M & F
			7	100m Backstroke	M & F	19	50m Backstroke	M & F
			8	400m Individual Medley	M & F	20	200m Butterfly	M & F
			9	50m Freestyle	M & F	21	100m Freestyle	M & F
			10	50m Breaststroke	M & F	22	200m Individual Medley	M & F
			11	200m Backstroke	M & F	23	4 x 50m Freestyle Relay	Mix
			12	100m Butterfly	M & F	24	6 x 50m Freestyle Regional Relay	Mix
			13	4 x 50m Freestyle Relay	M			
			14	4 x 50m Freestyle Relay	F			

**Please note warm-up and racing times may change once entries close and timelines finalised

After you've completed your events each day, please hang around to watch our best swimmers race the finals of the 2025 Apollo Projects NZ Swimming Championships each evening