

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: 7.15am - 8.20am Start: 8.30am			Warm-up: 7.15am - 8.20am Start: 8.30am			Warm-up: 7.15am - 8.20am Start: 8.30am			Warm-up: 7.15am - 8.20am Start: 8.30am			Warm-up: 7.15am - 8.20am Start: 8.30am		
3	400m Freestyle	F	15	200m Freestyle	M	27	200m Backstroke	M	37	100m Breaststroke	F	47	400m Freestyle	M
4	100m Butterfly	M	103	50m Freestyle – MC	M	28	200m Backstroke	F	38	200m Individual Medley	M	113	400m Freestyle - MC	M
5	100m Butterfly	F	104	50m Freestyle – MC	F	107	100m Freestyle – MC	M	109	200m Individual Medley – MC	M	114	400m Freestyle - MC	F
6	100m Breaststroke	M	16	200m Breaststroke	F	108	100m Freestyle – MC	F	110	200m Individual Medley – MC	F	48	1500m Freestyle (TF)	F
101	100m Breaststroke – MC	M	17	200m Breaststroke	M	29	100m Freestyle	M	39	200m Freestyle	F	49	50m Breaststroke	M
102	100m Breaststroke – MC	F	18	50m Freestyle	F	30	100m Freestyle	F	40	50m Freestyle	M	50	50m Breaststroke	F
7	200m Individual Medley	F	19	50m Butterfly	M	31	400m Individual Medley	M	41	50m Butterfly	F	51	100m Backstroke	M
8	50m Backstroke	M	105	50m Butterfly – MC	M	32	400m Individual Medley	F	111	200m Freestyle – MC	M	115	100m Backstroke – MC	M
9	50m Backstroke	F	106	50m Butterfly – MC	F				112	200m Freestyle – MC	F	52	100m Backstroke	F
10	800m Freestyle (TF)	M	20	800m Freestyle (TF)	F				42	1500m Freestyle (TF)	M	116	100m Backstroke – MC	F
												53	200m Butterfly	M
												54	200m Butterfly	F

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: 3pm - 4.15pm Opening Ceremony: 4.20pm Start: 4.30pm			Warm-up: 3pm - 4.15pm Start: 4.30pm			Warm-up: 3pm - 4.15pm Start: 4.30pm			Warm-up: 3pm - 4.15pm Start: 4.30pm			Warm-up: 3pm - 4.15pm Start: 4.30pm		
1	4 x 50m Medley Relay (13-15)	M	13	4 x 50m Medley Relay (13-15)	F	25	4 x 50m Freestyle Relay (13-15)	F	35	4 x 50m Freestyle Relay (13-15)	M	47	400m Freestyle	M
2	4 x 50m Medley Relay (16-18)	M	14	4 x 50m Medley Relay (16-18)	F	26	4 x 50m Freestyle Relay (16-18)	F	36	4 x 50m Freestyle Relay (16-18)	M	113	400m Freestyle - MC	M
3	400m Freestyle	F	15	200m Freestyle	M	27	200m Backstroke	M	37	100m Breaststroke	F	114	400m Freestyle - MC	F
4	100m Butterfly	M	103	50m Freestyle – MC	M	28	200m Backstroke	F	38	200m Individual Medley	M	48	1500m Freestyle (TF)	F
5	100m Butterfly	F	104	50m Freestyle – MC	F	107	100m Freestyle – MC	M	109	200m Individual Medley – MC	M	49	50m Breaststroke	M
6	100m Breaststroke	M	16	200m Breaststroke	F	108	100m Freestyle – MC	F	110	200m Individual Medley – MC	F	50	50m Breaststroke	F
101	100m Breaststroke – MC	M	17	200m Breaststroke	M	Medal Presentations (25 – 28, 107 – 108)			39	200m Freestyle	F	Medal Presentations (47 – 50, 113 – 114)		
102	100m Breaststroke – MC	F	Medal Presentations (13 – 17, 103 – 104)			29	100m Freestyle	M	40	50m Freestyle	M			
Medal Presentations (1 – 6, 101 – 102)			18	50m Freestyle	F	30	100m Freestyle	F	41	50m Butterfly	F			
7	200m Individual Medley	F	19	50m Butterfly	M	31	400m Individual Medley	M	Medal Presentations (35 – 41, 109 – 110)			51	100m Backstroke	M
8	50m Backstroke	M	105	50m Butterfly – MC	M	32	400m Individual Medley	F	111	200m Freestyle – MC	M	115	100m Backstroke – MC	M
9	50m Backstroke	F	106	50m Butterfly – MC	F	33	4 x 50m Medley Relay (13-15)	Mix	112	200m Freestyle – MC	F	52	100m Backstroke	F
10	800m Freestyle (FTF)	M	20	800m Freestyle (FTF)	F	34	4 x 50m Medley Relay (16-18)	Mix	42	1500m Freestyle (FTF)	M	116	100m Backstroke – MC	F
11	4 x 50m Freestyle Relay (13-15)	Mix	21	4 x 100m Freestyle Relay (13-15)	M	Medal Presentations (29 – 34)			43	4 x 100m Medley Relay (13-15)	W	53	200m Butterfly	M
12	4 x 50m Freestyle Relay (16-18)	Mix	22	4 x 100m Freestyle Relay (16-18)	M				44	4 x 100m Medley Relay (16-18)	W	54	200m Butterfly	F
Medal Presentations (7 – 12)			23	4 x 100m Freestyle Relay (13-15)	F				45	4 x 100m Medley Relay (13-15)	M	Champion of Champions Relay		
			24	4 x 100m Freestyle Relay (16-18)	F				46	4 x 100m Medley Relay (16-18)	M	Medal Presentations (51 – 54, 115 – 116)		
			Medal Presentations (18 – 24, 105 – 106)						Medal Presentations (42 – 46, 111 – 112)			Trophy Presentations & Team Announcement		