



EVENT SCHEDULE

2023 Apollo Projects
New Zealand Swimming
Championships

Updated: 05 November 2022

SATURDAY
1 APRIL

SUNDAY
2 APRIL

MONDAY
3 APRIL

TUESDAY
4 APRIL

WEDNESDAY
5 APRIL

HEATS

HEATS

HEATS

HEATS

HEATS

WARM UP
8:00 - 9:55am

WARM UP
8:00 - 9:55am

WARM UP
8:00 - 9:55am

WARM UP
8:00 - 9:55am

WARM UP
8:00 - 9:55am

START 10:10am
400M IM (M)
50M BREAST MC (F)
50M BREAST MC (M)
1500M FREE (TF) (F)
150M IM MC (M/F)
400M IM (F)
100M BACK MC (M/F)
800M FREE (TF) (M)

START 10:10am
100M BACK (M/F)
50M FLY (M/F)
50M FLY MC (M/F)
200M FREE (M)
200M FREE MC (M)
100M BREAST (M/F)
200M FREE MC (F)
200M FREE (F)

START 10:10am
400M FREE (M)
400M FREE MC (M)
100M FLY (F)
100M FLY MC (F)
200M BREAST (M/F)
50M BACK (M/F)
50M BACK MC (M/F)
100M FLY (M)
100M FLY MC (M)
400M FREE MC (F)
400M FREE (F)

START 10:10am
100M FREE (M)
100M FREE MC (M)
200M BACK (M/F)
100M FREE (F)
100M FREE MC (F)
200M FLY (M/F)
100M BREAST MC (M/F)

START 10:10am
800M FREE TF (F)
200M IM (M/F)
200M IM MC (M/F)
1500M FREE TF (M)
50M BREAST (M/F)
50M FREE (M/F)
50M FREE MC (M/F)

FINALS

FINALS

FINALS

FINALS

FINALS

WARM UP
3:30 - 5:20pm

WARM UP
3:30 - 5:20pm

WARM UP
3:30 - 5:20pm

WARM UP
3:30 - 5:20pm

WARM UP
3:30 - 5:20pm

START 5:30pm
4x100M FREE MC (MIX)
400M IM (M)
50M BREAST MC (F)
50M BREAST MC (M)
1500M FREE (TF) (F)
150M IM MC (M/F)
400M IM (F)
100M BACK MC (M/F)
800M FREE (TF) (M)
4x100M FREE (F)
4x100M FREE (M)

START 5:30pm
100M BACK (M/F)
50M FLY (M/F)
50M FLY MC (M/F)
200M FREE (M)
200M FREE MC (M)
100M BREAST (M/F)
200M FREE MC (F)
200M FREE (F)
4x100M MEDLEY (M)
4x100M MEDLEY (F)

START 5:30pm
400M FREE (M)
400M FREE MC (M)
100M FLY (F)
100M FLY MC (F)
200M BREAST (M/F)
50M BACK (M/F)
50M BACK MC (M/F)
100M FLY (M)
100M FLY MC (M)
400M FREE MC (F)
400M FREE (F)
4x200M FREE (M)
4x200M FREE (F)

START 5:30pm
100M FREE (M)
100M FREE MC (M)
200M BACK (M/F)
100M FREE (F)
100M FREE MC (F)
200M FLY (M/F)
100M BREAST MC (M/F)
4x100M FREE (MIX)

START 5:30pm
800M FREE TF (F)
200M IM (M/F)
200M IM MC (M/F)
1500M FREE TF (M)
50M BREAST (M/F)
50M FREE (M/F)
50M FREE MC (M/F)
4x100M MEDLEY MC (MIX)
4x100M MEDLEY (MIX)