

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: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am			Warm-Up: 7.30am – 8.50am Competition: 9.00am		
1	1500m Freestyle (TF) + MCTF*	M	10	200m Freestyle	F	19	200m Freestyle	M	26	200m Butterfly + MCTF*	M	33	400m Individual Medley + MCTF*	M
2	400m Freestyle	F	11	50m Freestyle	M	20	100m Freestyle	F	27	400m Individual Medley + MCTF*	F	34	200m Individual Medley	F
101	100m Breaststroke - MC	M	106	200m Freestyle - MC	F	112	400m Freestyle - MC	M	118	50m Breaststroke - MC	M	122	200m Individual Medley - MC	M
102	100m Breaststroke - MC	F	107	200m Freestyle - MC	M	113	400m Freestyle - MC	F	119	50m Breaststroke - MC	F	123	200m Individual Medley - MC	F
3	200m Individual Medley	M	12	100m Backstroke	F	21	50m Breaststroke	M	28	50m Backstroke	F	35	50m Butterfly	M
4	200m Backstroke + MCTF*	F	13	100m Butterfly	M	22	1500m Freestyle (TF) + MCTF*	F	29	100m Freestyle	M	36	50m Freestyle	F
103	100m Backstroke - MC	M	108	100m Butterfly - MC	F	114	50m Backstroke - MC	M	120	100m Freestyle - MC	F	124	50m Freestyle - MC	M
104	100m Backstroke - MC	F	109	100m Butterfly - MC	M	115	50m Backstroke - MC	F	121	100m Freestyle - MC	M	125	50m Freestyle - MC	F
5	50m Backstroke	M	14	100m Breaststroke	F	23	200m Backstroke + MCTF*	M	30	50m Breaststroke	F	37	200m Breaststroke + MCTF*	M
6	50m Butterfly	F	15	400m Freestyle	M	24	100m Butterfly	F	31	800m Freestyle (TF) + MCTF*	M	38	800m Freestyle (TF) + MCTF*	F
7	100m Breaststroke	M	16	200m Butterfly + MCTF*	F	116	50m Butterfly - MC	M				39	200m Breaststroke + MCTF*	F
			110	150m Individual Medley - MC	M	117	50m Butterfly - MC	F				40	100m Backstroke	M
			111	150m Individual Medley - MC	F									

Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm			Warm-Up: 4.30pm - 5.45pm Competition: 6pm		
1	1500m Freestyle (FTF)	M	10	200m Freestyle	F	19	200m Freestyle	M	26	200m Butterfly	M	33	400m Individual Medley	M
2	400m Freestyle	F	11	50m Freestyle	M	20	100m Freestyle	F	27	400m Individual Medley	F	34	200m Individual Medley	F
101	100m Breaststroke - MC	M	106	200m Freestyle - MC	F	112	400m Freestyle - MC	M	118	50m Breaststroke - MC	F	122	200m Individual Medley - MC	M
102	100m Breaststroke - MC	F	107	200m Freestyle - MC	M	113	400m Freestyle - MC	F	119	50m Breaststroke - MC	M	123	200m Individual Medley - MC	F
3	200m Individual Medley	M	12	100m Backstroke	F	21	50m Breaststroke	M	28	50m Backstroke	F	35	50m Butterfly	M
4	200m Backstroke	F	13	100m Butterfly	M	22	1500m Freestyle (FTF)	F	29	100m Freestyle	M	36	50m Freestyle	F
103	100m Backstroke - MC	M	108	100m Butterfly - MC	F	114	50m Backstroke - MC	M	120	100m Freestyle - MC	F	124	50m Freestyle - MC	M
104	100m Backstroke - MC	F	109	100m Butterfly - MC	M	115	50m Backstroke - MC	F	121	100m Freestyle - MC	M	125	50m Freestyle - MC	F
5	50m Backstroke	M	14	100m Breaststroke	F	23	200m Backstroke	M	30	50m Breaststroke	F	37	200m Breaststroke	M
6	50m Butterfly	F	15	400m Freestyle	M	24	100m Butterfly	F	31	800m Freestyle (FTF)	M	38	800m Freestyle (FTF)	F
7	100m Breaststroke	M	16	200m Butterfly	F	116	50m Butterfly - MC	M	32	4 x 200m Freestyle Relay	W	39	200m Breaststroke	F
105	4 x 100m Freestyle Relay - MC	Mix	110	150m Individual Medley - MC	M	117	50m Butterfly - MC	F				40	100m Backstroke	M
8	4 x 100m Freestyle Relay	F	111	150m Individual Medley - MC	F	25	4 x 200m Freestyle Relay	M				126	4 x 100m Medley Relay - MC	Mix
9	4 x 100m Freestyle Relay	M	17	4 x 100m Freestyle Relay	Mix							41	4 x 100m Medley Relay	F
			18	4 x 100m Medley Relay	Mix							42	4 x 100m Medley Relay	M