



Saturday 8 March			Sunday 9 March			Sunday 9 March		
Session 1			Session 2			Session 3		
Warm-Up: 2pm – 2.50pm Competition: 3pm			Warm-Up: 8am – 8.50am Competition: 9am			Warm-Up: 2pm – 2.45pm Competition: 3pm		
1	6 x 50m Freestyle Club Relay	Mix	14	4 x 50m Freestyle Club Relay	Mix	25	4 x 50m Medley Club Relay	Mix
2	200m Freestyle	F	401	4 x 25m Freestyle Kick Club Relay	Mix	26	100m Freestyle	F
3	200m Freestyle	M	15	100m Individual Medley	F	37	100m Freestyle	M
4	50m Breaststroke	F	16	100m Individual Medley	M	107	100m Freestyle – SWD	Mix
5	50m Breaststroke	M	104	100m Individual Medley - SWD	Mix	28	200m Breaststroke	F
101	50m Breaststroke - SWD	Mix	17	50m Backstroke	F	29	200m Breaststroke	M
6	100m Backstroke	F	18	50m Backstroke	M	404	50m Freestyle Kick	F
7	100m Backstroke	M	105	50m Backstroke – SWD	Mix	405	50m Freestyle Kick	M
102	100m Backstroke - SWD	Mix	19	50m Freestyle	F	406	50m Freestyle Kick – SWD	Mix
8	50m Butterfly	F	20	50m Freestyle	M	30	200m Backstroke	F
9	50m Butterfly	M	106	50m Freestyle – SWD	Mix	31	200m Backstroke	M
103	50m Butterfly – SWD	Mix	21	100m Breaststroke	F	32	100m Butterfly	F
10	200m Individual Medley	F	22	100m Breaststroke	M	33	100m Butterfly	M
11	200m Individual Medley	M	108	100m Breaststroke – SWD	Mix	109	100m Butterfly – SWD	Mix
12	6 x 50m Freestyle Club Relay	F	23	4 x 50m Freestyle Club Relay	F	34	4 x 50m Medley Club Relay	F
13	6 x 50m Freestyle Club Relay	M	24	4 x 50m Freestyle Club Relay	M	35	4 x 50m Medley Club Relay	M
			402	4 x 25m Freestyle Kick Club Relay	F	25	4 x 50m Medley Club Relay	Mix
			403	4 x 25m Freestyle Kick Club Relay	M	26	100m Freestyle	F

SWD = Swimmer with Disability