

Day 1 – Thursday 25 May			Day 2 – Friday 26 May			Day 3 – Saturday 27 May		
Timed Finals - Session 1			Timed Finals - Session 3			Timed Finals - Session 4		
Warm-Up: 12pm - 12.55pm Competition: 1pm			Warm-Up: 2pm - 2.55pm Competition: 3pm			Warm-Up: 12pm - 12.55pm Competition: 1pm		
1	800m Freestyle	M & F	8	4 x 50m Medley Relay	Mix	15	400m Freestyle	M & F
2	1500m Freestyle	M & F	9	200m Freestyle	M & F	16	200m Butterfly	M & F
			10	50m Butterfly	M & F	17	100m Breaststroke	M & F
Timed Finals - Session 2			11	100m Backstroke	M & F	18	50m Backstroke	M & F
Warm-Up: 3pm - 3.55pm Competition: 4pm			12	400m Individual Medley	M & F	19	200m Individual Medley	M & F
			13	50m Breaststroke	M & F	20	100m Freestyle	M & F
3	200m Backstroke	M & F	14	4 x 50m Freestyle Relay	M & F	21	4 x 50m Freestyle Relay	Mix
4	100m Butterfly	M & F				22	6 x 50m Freestyle Regional Relay	Mix
5	200m Breaststroke	M & F					Closing Ceremony & Awards	
6	50m Freestyle	M & F						
7	4 x 50m Medley Relay	M & F						