

Saturday 8 June			Saturday 8 June			Sunday 9 June		
Timed Finals - Session 1			Timed Finals - Session 2			Timed Finals - Session 3		
Warm-Up: 11am - 11.55am Competition: 12pm			Warm-Up: 3.30pm - 4.25pm Competition: 4.30pm			Warm-Up: 11am - 11.55am Competition: 12pm		
1	400m Freestyle	M & F	8	4 x 50m Medley Relay	Mix	15	800m Freestyle	M & F
2	100m Breaststroke	M & F	9	200m Freestyle	M & F	16	1500m Freestyle	M & F
3	200m Butterfly	M & F	10	50m Butterfly	M & F	17	200m Backstroke	M & F
4	50m Backstroke	M & F	11	100m Backstroke	M & F	18	100m Butterfly	M & F
5	200m Individual Medley	M & F	12	400m Individual Medley	M & F	19	50m Freestyle	M & F
6	100m Freestyle	M & F	13	50m Breaststroke	M & F	20	200m Breaststroke	M & F
7	4 x 50m Medley Relay	M & F	14	4 x 50m Freestyle Relay	M & F	21	4 x 50m Freestyle Relay	Mix
						22	6 x 50m Freestyle Regional Relay	Mix