



EVENT SCHEDULE

2022 Apollo Projects
New Zealand Swimming
Championships

Updated: 30 March 2022

Swimming

4 – 9 April 2022 Sir Owen G Glenn National Aquatic Centre

FEMALE SCHEDULE



| MONDAY 04 APRIL | TUESDAY 05 APRIL | WEDNESDAY 06 APRIL | THURSDAY 07 APRIL | FRIDAY 08 APRIL | SATURDAY 09 APRIL |
|--|---|--|---|---|---|
| HEATS | HEATS | HEATS | HEATS | HEATS | HEATS |
| WARM UP 11:15 - 12:35pm | WARM UP 11:15 - 12:35pm | WARM UP 11:15 - 12:35pm | WARM UP 11:15 - 12:35pm | WARM UP 11:15 - 12:35pm | WARM UP 11:15 - 12:35pm |
| START 12:45pm 800M FREE 100M BACK MC 200M IM 50M FLY 50M BACK MC | START 12:45pm 400M FREE 400M FREE MC 100M BACK 100M BREAST 100M BREAST MC | START 12:45pm 200M FREE 200M FREE MC 100M FLY 50M FLY MC 4x100M MEDLEY | START 12:45pm 400M IM 200M BACK 100M FLY MC | START 12:45pm 100M FREE 100M FREE MC 200M BREAST 200M IM MC 50M BACK 4x200M FREE | START 12:45pm 1500M FREE 50M FREE 50M FREE MC 200M FLY 50M BREAST 50M BREAST MC 4x100M FREE |
| FINALS | FINALS | FINALS | FINALS | FINALS | FINALS |
| WARM UP 6:00 - 7:20pm START 7:30pm | WARM UP 6:00 - 7:20pm START 7:30pm | WARM UP 6:00 - 7:20pm START 7:30pm | WARM UP 6:00 - 7:20pm START 7:30pm | WARM UP 6:00 - 7:20pm START 7:30pm | WARM UP 6:00 - 7:20pm START 7:30pm |

MALE SCHEDULE



| MONDAY 04 APRIL | TUESDAY 05 APRIL | WEDNESDAY 06 APRIL | THURSDAY 07 APRIL | FRIDAY 08 APRIL | SATURDAY 09 APRIL |
|---|--|---|--|---|--|
| HEATS | HEATS | HEATS | HEATS | HEATS | HEATS |
| WARM UP 8:30 - 9:50am | WARM UP 8:30 - 9:50am | WARM UP 8:30 - 9:50am | WARM UP 8:30 - 9:50am | WARM UP 8:30 - 9:50am | WARM UP 8:30 - 9:50am |
| START 10am 1500M FREE 400M IM 100M BACK MC 50M BACK 50M BACK MC | START 10am 400M FREE 400M FREE MC 100M BACK 100M BREAST 100M BREAST MC | START 10am 200M FREE 200M FREE MC 100M FLY 50M FLY MC 4x100M MEDLEY | START 10am 200M IM 200M BACK 50M FLY 100M FLY MC 4x200M FREE | START 10am 100M FREE 100M FREE MC 200M BREAST 200M IM MC | START 10am 800M FREE 50M FREE 50M FREE MC 200M FLY 50M BREAST 50M BREAST MC |
| FINALS | FINALS | FINALS | FINALS | FINALS | FINALS |
| WARM UP 3:00 - 4:20pm | WARM UP 3:00 - 4:20pm | WARM UP 3:00 - 4:20pm | WARM UP 3:00 - 4:20pm | WARM UP 3:00 - 4:20pm | WARM UP 3:00 - 4:20pm |
| START 4:30pm | START 4:30pm | START 4:30pm | START 4:30pm | START 4:30pm | START 4:30pm |