



HAMILTON
28 - 31 JULY 2022

Thursday 28 July			Friday 29 July			Saturday 30 July			Sunday 31 July		
Session 1			Session 2			Session 4			Session 6		
Warm-Up: 3pm - 4.10pm Competition: 4.25pm			Warm-Up: 7.15am - 8.20am Competition: 8.45am			Warm-Up: 7.15am - 8.25am Competition: 8.40am			Warm-Up: 7.15am - 8.25am Competition: 8.40am		
1	400m Freestyle	M	11	2 x 50m Freestyle Relay	Mix	30	8 x 50m Freestyle Relay	Mix	49	4 x 50m Freestyle Relay (U16)	M
2	400m Freestyle	F	12	100m Individual Medley	M	31	100m Breaststroke	M	50	4 x 50m Freestyle Relay (U16)	F
3	4 x 50m Medley Relay (U16)	M	112	100m Individual Medley - MC	M	131	100m Breaststroke - MC	M	51	200m Individual Medley	M
4	4 x 50m Medley Relay (U16)	F	13	100m Individual Medley	F	32	100m Breaststroke	F	151	200m Individual Medley - MC	M
5	4 x 50m Medley Relay (16&O)	M	113	100m Individual Medley - MC	F	132	100m Breaststroke - MC	F	52	200m Individual Medley	F
6	4 x 50m Medley Relay (16&O)	F	14	200m Breaststroke	M	33	50m Butterfly	M	152	200m Individual Medley - MC	F
7	4 x 100m Freestyle Relay (U16)	M	15	200m Breaststroke	F	133	50m Butterfly - MC	M	53	4 x 50m Freestyle Relay (16&O)	M
8	4 x 100m Freestyle Relay (U16)	F	16	100m Backstroke	M	34	50m Butterfly	F	54	4 x 50m Freestyle Relay (16&O)	F
9	4 x 100m Freestyle Relay (16&O)	M	116	100m Backstroke - MC	M	134	50m Butterfly - MC	F	55	50m Freestyle	M
10	4 x 100m Freestyle Relay (16&O)	F	17	100m Backstroke	F	35	200m Backstroke	M	155	50m Freestyle - MC	M
			117	100m Backstroke - MC	F	36	200m Backstroke	F	56	50m Freestyle	F
			18	2 x 50m Freestyle Relay	M	37	8 x 50m Freestyle Relay	M	156	50m Freestyle - MC	F
			19	2 x 50m Freestyle Relay	F	38	8 x 50m Freestyle Relay	F			

Friday 29 July			Saturday 30 July		
Session 3			Session 5		
Warm-Up: 3pm - 4.10pm Competition: 4.25pm			Warm-Up: 3pm - 4.10pm Competition: 4.25pm		
20	Random Medley Skins	M	39	Random Medley Skins	M
21	4 x 50m (U16)	F	40	4 x 50m (16&O)	F
22	200m Butterfly	M	41	50m Backstroke	M
23	200m Butterfly	F	141	50m Backstroke - MC	M
24	50m Breaststroke	M	42	50m Backstroke	F
124	50m Breaststroke - MC	M	142	50m Backstroke - MC	F
25	50m Breaststroke	F	43	100m Butterfly	M
125	50m Breaststroke - MC	F	44	100m Butterfly	F
26	100m Freestyle	M	45	200m Freestyle	M
126	100m Freestyle - MC	M	145	200m Freestyle - MC	M
27	100m Freestyle	F	46	200m Freestyle	F
127	100m Freestyle - MC	F	146	200m Freestyle - MC	F
28	4 x 50m Freestyle Relay (U16)	Mix	47	4 x 50m Medley Relay (U16)	Mix
29	4 x 50m Freestyle Relay (16&O)	Mix	48	4 x 50m Medley Relay (16&O)	Mix

Note: *Where it is noted MC these events are available to Para Swimmers.