

# 2023 Long Course Championships

## Event Schedule

### Morning Sessions

| Saturday 21 January        |               |   |      | Sunday 22 January          |             |   |      | Monday 23 January          |             |   |      |
|----------------------------|---------------|---|------|----------------------------|-------------|---|------|----------------------------|-------------|---|------|
| Session 1                  |               |   |      | Session 3                  |             |   |      | Session 5                  |             |   |      |
| Warm Up<br>7.30am – 8.15am |               |   |      | Warm Up<br>7.30am – 8.15am |             |   |      | Warm Up<br>7.30am – 8.15am |             |   |      |
| Start Time 8.20am          |               |   |      | Start Time 8.20am          |             |   |      | Start Time 8.20am          |             |   |      |
| 1                          | 200 IM        | F | HEAT | 11                         | 800 Free    | M | T/F  | 23                         | 1500 Free   | M | T/F  |
|                            | 200 IM MC     | F | HEAT | 12                         | 800 Free    | F | T/F  | 24                         | 1500 Free   | F | T/F  |
| 2                          | 50 Back       | M | HEAT | 13                         | 200 IM      | M | HEAT | 25                         | 100 Back    | M | HEAT |
| 3                          | 50 Back       | F | HEAT |                            | 200 IM MC   | M | HEAT |                            | 100 Back MC | M | HEAT |
| 4                          | 100 Breast    | M | HEAT | 14                         | 100 Free    | F | HEAT | 26                         | 100 Back    | F | HEAT |
|                            | 100 Breast MC | M | HEAT |                            | 100 Free MC | F | HEAT |                            | 100 Back MC | F | HEAT |
| 5                          | 100 Breast    | F | HEAT | 15                         | 100 Free    | M | HEAT | 27                         | 200 Fly     | M | HEAT |
|                            | 100 Breast MC | F | HEAT |                            | 100 Free MC | M | HEAT | 28                         | 200 Fly     | F | HEAT |
| 6                          | 50 Fly        | M | HEAT | 16                         | 200 Back    | F | HEAT | 29                         | 50 Free     | M | HEAT |
| 7                          | 50 Fly        | F | HEAT | 17                         | 200 Back    | M | HEAT |                            | 50 Free MC  | M | HEAT |
| 8                          | 200 Free      | M | HEAT | 18                         | 50 Breast   | F | HEAT | 30                         | 50 Free     | F | HEAT |
|                            | 200 Free MC   | M | HEAT | 19                         | 50 Breast   | M | HEAT |                            | 50 Free MC  | F | HEAT |
| 9                          | 200 Free      | F | HEAT | 20                         | 100 Fly     | F | HEAT | 31                         | 200 Breast  | M | HEAT |
|                            | 200 Free MC   | F | HEAT |                            | 100 Fly MC  | F | HEAT | 32                         | 200 Breast  | F | HEAT |
|                            |               |   |      | 21                         | 100 Fly     | M | HEAT |                            |             |   |      |
|                            |               |   |      |                            | 100 Fly MC  | M | HEAT |                            |             |   |      |

Revised 18/11/22

# 2023 Long Course Championships

## Event Schedule

### Afternoon Sessions

| Saturday 21 January        |               |   |       | Saturday 21 January        |             |   |       | Saturday 21 January        |             |   |       |
|----------------------------|---------------|---|-------|----------------------------|-------------|---|-------|----------------------------|-------------|---|-------|
| Session 2                  |               |   |       | Session 4                  |             |   |       | Session 6                  |             |   |       |
| Warm Up<br>3.00pm – 3.45pm |               |   |       | Warm Up<br>3.00pm – 3.45pm |             |   |       | Warm Up<br>3.00pm – 3.45pm |             |   |       |
| Start 3.50pm               |               |   |       | Start 3.50pm               |             |   |       | Start 3.50pm               |             |   |       |
| 10                         | 400 Free      | M | T/F   | 22                         | 400 Free    | F | T/F   | 33                         | 400 IM      | M | T/F   |
| 10A                        | 400 Free MC   | M | T/F   | 22A                        | 400 Free MC | F | T/F   | 34                         | 400 IM      | F | T/F   |
| 1                          | 200 IM        | F | FINAL | 13                         | 200 IM      | M | FINAL | 25                         | 100 Back    | M | FINAL |
| 1A                         | 200 IM MC     | F | FINAL | 13A                        | 200 IM MC   | M | FINAL | 25A                        | 100 Back MC | M | FINAL |
| 2                          | 50 Back       | M | FINAL | 14                         | 100 Free    | F | FINAL | 26                         | 100 Back    | F | FINAL |
| 3                          | 50 Back       | F | FINAL | 14A                        | 100 Free MC | F | FINAL | 26A                        | 100 Back MC | F | FINAL |
| 4                          | 100 Breast    | M | FINAL | 15                         | 100 Free    | M | FINAL | 27                         | 200 Fly     | M | FINAL |
| 4A                         | 100 Breast MC | M | FINAL | 15A                        | 100 Free MC | M | FINAL | 28                         | 200 Fly     | F | FINAL |
| 5                          | 100 Breast    | F | FINAL | 16                         | 200 Back    | F | FINAL | 29                         | 50 Free     | M | FINAL |
| 5A                         | 100 Breast MC | F | FINAL | 17                         | 200 Back    | M | FINAL | 29A                        | 50 Free MC  | M | FINAL |
| 6                          | 50 Fly        | M | FINAL | 18                         | 50 Breast   | F | FINAL | 30                         | 50 Free     | F | FINAL |
| 7                          | 50 Fly        | F | FINAL | 19                         | 50 Breast   | M | FINAL | 30A                        | 50 Free MC  | F | FINAL |
| 8                          | 200 Free      | M | FINAL | 20                         | 100 Fly     | F | FINAL | 31                         | 200 Breast  | M | FINAL |
| 8A                         | 200 Free MC   | M | FINAL | 20A                        | 100 Fly MC  | F | FINAL | 32                         | 200 Breast  | F | FINAL |
| 9                          | 200 Free      | F | FINAL | 21                         | 100 Fly     | M | FINAL |                            |             |   |       |
| 9A                         | 200 Free MC   | F | FINAL | 21A                        | 100 Fly MC  | M | FINAL |                            |             |   |       |

