

Day 1 - Tues 17 th April			Day 2 – Wed 18 th April			Day 3 – Thurs 19 th April			Day 4 – Fri 20 th April			Day 5 – Sat 21 st April		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats		
Warm-up 7.15 – 8.50am Start 9am			Warm-up 7.15 – 8.50am Start 9am			Warm-up 7.15 – 8.50am Start 9am			Warm-up 7.15 – 8.50am Start 9am			Warm-up 7.15 – 8.50am Start 9am		
1	100m Free	F Heats	11	200m Breast	F Heats	18	400m IM	M Heats	29	400m IM	F Heats	35	400m Free	F Heats
2	400m Free	M Heats	12	200m Breast	M Heats	19	50m Fly	F Heats	30	200m Back	M Heats	36	200m IM	M Heats
3	50m Breast	F Heats	13	50m Free	F Heats	20	50m Fly	M Heats	31	200m Back	F Heats	37	200m IM	F Heats
4	50m Breast	M Heats	14	50m Free	M Heats	21	100m Breast	F Heats	32	100m Fly	M Heats	38	50m Back	M Heats
5	200m Fly	F Heats	15	100m Back	F Heats	22	100m Breast	M Heats	33	100m Fly	F Heats	39	50m Back	F Heats
6	200m Fly	M Heats	16	100m Back	M Heats	23	200m Free	F Heats	34	1500m Free	M Heats	40	100m Free	M Heats
7	4x200 Free Z Relay	F Age	17	800m Free	F Heats	24	200m Free	M Heats				41	4x100 Medley C Relay	F Age
8	4x200 Free Z Relay	M Age				25	4x100m Free CR	F Age				42	4x100 Medley C Relay	M Age
9	4x200 Free Z Relay	F Youth				26	4x100m Free CR	M Age				43	4x100 Medley C Relay	F Youth
10	4x200 Free Z Relay	M Youth				27	4x100m Free CR	F Youth				44	4x100 Medley C Relay	M Youth
						28	4x100m Free CR	M Youth						

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals		
Warm-up 4.15 – 5.30pm Start 6pm			Warm-up 4.15 – 5.50pm Start 6pm			Warm-up 4.15 – 5.50pm Start 6pm			Warm-up 4.15 – 5.50pm Start 6pm			Warm-up 4.15 – 5.50pm Start 6pm		
1	100m Free	F 12-13 years F 14 years F 15 years F 16-18 years *	11	200m Breast	F 12-13 years F 14 years F 15 years F 16-18 years *	18	400m IM	M 12-13 years M 14 years M 15 years M 16-18 years *	29	400m IM	F 12-13 years F 14 years F 15 years F 16-18 years *	35	400m Free	F 12-13 years F 14 years F 15 years F 16-18 years *
2	400m Free	M 12-13 years M 14 years M 15 years M 16-18 years *	12	200m Breast	M 12-13 years M 14 years M 15 years M 16-18 years *	19	50m Fly	F 12-13 years F 14 years F 15 years F 16-18 years *	30	200m Back	M 12-13 years M 14 years M 15 years M 16-18 years *	36	200m IM	M 12-13 years M 14 years M 15 years M 16-18 years *
3	50m Breast	F 12-13 years F 14 years F 15 years F 16-18 years *	13	50m Free	F 12-13 years F 14 years F 15 years F 16-18 years *	20	50m Fly	M 12-13 years M 14 years M 15 years M 16-18 years *	31	200m Back	F 12-13 years F 14 years F 15 years F 16-18 years *	37	200m IM	F 12-13 years F 14 years F 15 years F 16-18 years *
4	50m Breast	M 12-13 years M 14 years M 15 years M 16-18 years *	14	50m Free	M 12-13 years M 14 years M 15 years M 16-18 years *	21	100m Breast	F 12-13 years F 14 years F 15 years F 16-18 years *	32	100m Fly	M 12-13 years M 14 years M 15 years M 16-18 years *	38	50m Back	M 12-13 years M 14 years M 15 years M 16-18 years *
5	200m Fly	F 12-13 years F 14 years F 15 years F 16-18 years *	15	100m Back	F 12-13 years F 14 years F 15 years F 16-18 years *	22	100m Breast	M 12-13 years M 14 years M 15 years M 16-18 years *	33	100m Fly	F 12-13 years F 14 years F 15 years F 16-18 years *	39	50m Back	F 12-13 years F 14 years F 15 years F 16-18 years *
6	200m Fly	M 12-13 years M 14 years M 15 years M 16-18 years *	16	100m Back	M 12-13 years M 14 years M 15 years M 16-18 years *	23	200m Free	F 12-13 years F 14 years F 15 years F 16-18 years *	34	1500m Free (TF)	M 13-18 years	40	100m Free	M 12-13 years M 14 years M 15 years M 16-18 years *
7	4x200 Free Z Relay	F Age	17	800m Free (TF)	F 13-18 years	24	200m Free	M 12-13 years M 14 years M 15 years M 16-18 years *				41	4x100 Medley C Relay	F Age
8	4x200 Free Z Relay	M Age										42	4x100 Medley C Relay	M Age
9	4x200 Free Z Relay	F Youth										43	4x100 Medley C Relay	F Youth
10	4x200 Free Z Relay	M Youth										44	4x100 Medley C Relay	M Youth
						25	4x100m Free CR	F Age						
						26	4x100m Free CR	M Age						
						27	4x100m Free CR	F Youth						
						28	4x100m Free CR	M Youth						

* Denotes that medals will be presented based on age group e.g. 16 year olds receive 16-year-old medals, 17-18 year olds receive 17-18-year-old medals.
Note: Heats will be run as combined age groups.