

Session 1 - Heats		Session 3 - Heats		Session 5 - Heats		Session 7 - Heats	
Warm-up 7.15 – Start 8.30am		Warm-up 7.15 – Start 8.30am		Warm-up 7.15 – Start 8.30am		Warm-up 7.15 – Start 8.30am	
1	200m Back M 12-18 years	12	200m Free M 12-18 years	23	800m Free (TF) F 12-18 years	34	1500m Free (TF) M 12-18 years
2	200m Back F 12-18 years	13	200m Free F 12-18 years	24	200m Fly M 12-18 years	35	100m Fly F 12-18 years
3	100m Breast M 12-18 years	14	100m Back M 12-18 years	25	200m Fly F 12-18 years	36	200m Breast M 12-18 years
4	100m Breast F 12-18 years	15	100m Back F 12-18 years	26	100m Free M 12-18 years	37	200m Breast F 12-18 years
5	50m Fly M 12-18 years	16	50m Breast M 12-18 years	27	100m Free F 12-18 years	38	100m Fly M 12-18 years
6	50m Fly F 12-18 years	17	50m Breast F 12-18 years	28	50m Back M 12-18 years	39	50m Free F 12-18 years
7	400m Free (TF) M 12-18 years	18	200m IM M 12-18 years	29	50m Back F 12-18 years	40	50m Free M 12-18 years
8	100m IM F 12-18 years	19	200m IM F 12-18 years	30	400m IM (TF) F 12-18 years	41	400m IM (TF) M 12-18 years
9	1500 Free (TF) F 12-18 years	20	800m Free (TF) M 12-18 years	31	100m IM M 12-18 years	42	400m Free (TF) F 12-18 years
Session 2 – Finals		Session 4 – Finals		Session 6 - Finals		Session 8 - Finals	
Warm-up 4.15 – Start 5.30pm		Warm-up 4.15 – Start 5.30pm		Warm-up 4.15 – Start 5.30pm		Warm-up 4.15 – Start 5.30pm	
1	200m Back M 12-13 years	12	200m Free M 12-13 years	23	800m Free (FTF) F 12-18 years	34	1500m Free (FTF) M 12-18 years
	M 14 years		M 14 years	24	200m Fly M 12-13 years	35	100m Fly F 12-13 years
	M 15 years		M 15 years		M 14 years		F 14 years
	M 16 & Over		M 16 & Over		M 15 years		F 15 years
2	200m Back F 12-13 years	13	200m Free F 12-13 years		M 16 & Over		F 16 & Over
	F 14 years		F 14 years	25	200m Fly F 12-13 years	36	200m Breast M 12-13 years
	F 15 years		F 15 years		F 14 years		M 14 years
	F 16 & Over		F 16 & Over		F 15 years		M 15 years
3	100m Breast M 12-13 years	14	100m Back M 12-13 years		F 16 & Over		M 16 & Over
	M 14 years		M 14 years	26	100m Free M 12-13 years	37	200m Breast F 12-13 years
	M 15 years		M 15 years		M 14 years		F 14 years
	M 16 & Over		M 16 & Over		M 15 years		F 15 years
4	100m Breast F 12-13 years	15	100m Back F 12-13 years		M 16 & Over		F 16 & Over
	F 14 years		F 14 years	27	100m Free F 12-13 years	38	100m Fly M 12-13 years
	F 15 years		F 15 years		F 14 years		M 14 years
	F 16 & Over		F 16 & Over		F 15 years		M 15 years
5	50m Fly M 12-13 years	16	50m Breast M 12-13 years		F 16 & Over		M 16 & Over
	M 14 years		M 14 years	28	50m Back M 12-13 years	39	50m Free F 12-13 years
	M 15 years		M 15 years		M 14 years		F 14 years
	M 16 & Over		M 16 & Over		M 15 years		F 15 years
6	50m Fly F 12-13 years	17	50m Breast F 12-13 years		M 16 & Over		F 16 & Over
	F 14 years		F 14 years	29	50m Back F 12-13 years	40	50m Free M 12-13 years
	F 15 years		F 15 years		F 14 years		M 14 years
	F 16 & Over		F 16 & Over		F 15 years		M 15 years
7	400m Free (FTF) M 12-18 years	18	200m IM M 12-13 years		F 16 & Over		M 16 & Over
			M 14 years	30	400m IM (FTF) F 12-18 years	41	400m IM (FTF) M 12-18 years
8	100 IM F 12-13 years		M 15 years				
	F 14 years		M 16 & Over	31	100 IM M 12-13 years	42	400m Free (TF) F 12-18 years
	F 15 years	19	200m IM F 12-13 years		M 14 years	43	4 x 50 Fr CR M 18 & Under
	F 16 & Over		F 14 years		M 15 years	44	4 x 50 Fr CR F 18 & Under
9	1500 Free (TF) F 12-18 years		F 15 years		M 16 & Over	45	8 x 50 Fr ZR <i>1xM & 1xF of each age group</i>
10	4x100m Free CR M 18 & Under	20	800m Free (TF) M 12-18 years	32	4x100m Medley CR F 18 & Under		
11	4x100m Free CR F 18 & Under	21	4x50m Medley CR M 18 & Under	33	4x100m Medley CR M 18 & Under		
		22	4x50m Medley CR F 18 & Under				