



Tuesday 23 August			Wednesday 24 August			Thursday 25 August			Friday 26 August			Saturday 27 August		
Heats - Session 1			Heats - Session 3			Heats - Session 5			Heats - Session 7			Heats - Session 9		
Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am			Warm-Up: 7am - 8.25am Competition: 8.40am		
1	100m Backstroke	M	11	50m Butterfly	M	19	200m Backstroke	M	29	50m Backstroke	M	39	50m Freestyle	M
101	100m Backstroke - MC	M	107	50m Butterfly - MC	M	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
2	100m Backstroke	W	12	50m Butterfly	W	21	100m Butterfly	M	30	50m Backstroke	W	40	50m Freestyle	W
102	100m Backstroke - MC	W	108	50m Butterfly - MC	W	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
3	100m Individual Medley	M	13	400m Individual Medley	M	22	100m Butterfly	W	31	200m Butterfly	M	41	200m Individual Medley	M
103	100m Individual Medley - MC	M	14	400m Individual Medley	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
4	100m Individual Medley	W	15	200m Freestyle	M	23	50m Breaststroke	M	33	100m Breaststroke	M	42	200m Individual Medley	W
104	100m Individual Medley - MC	W	109	400m Freestyle - MC (TF)	M	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M	126	200m Individual Medley - MC	W
5	200m Breaststroke	M	16	200m Freestyle	W	24	50m Breaststroke	W	34	100m Breaststroke	W	43	1500m Freestyle (TF)	M
6	200m Breaststroke	W	110	400m Freestyle - MC (TF)	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	44	800m Freestyle (TF)	W
105	150m Individual Medley - MC	M				25	400m Freestyle	M	35	100m Freestyle	M			
106	150m Individual Medley - MC	W				115	200m Freestyle - MC	M	121	100m Freestyle - MC	M			
7	800m Freestyle (TF)	M				26	400m Freestyle	W	36	100m Freestyle	W			
8	1500m Freestyle (TF)	W				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W			

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Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-Up: 4pm - 5.25pm Competition: 5.45pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm			Warm-Up: 4pm - 5.25pm Competition: 5.40pm		
201	4 x 100m Freestyle Relay - MC	Mix	11	50m Butterfly	M	19	200m Backstroke	M	29	50m Backstroke	M	39	50m Freestyle	M
1	100m Backstroke	M	107	50m Butterfly - MC	M	20	200m Backstroke	W	117	50m Backstroke - MC	M	123	50m Freestyle - MC	M
101	100m Backstroke - MC	M	12	50m Butterfly	W	21	100m Butterfly	M	30	50m Backstroke	W	40	50m Freestyle	W
2	100m Backstroke	W	108	50m Butterfly - MC	W	111	100m Butterfly - MC	M	118	50m Backstroke - MC	W	124	50m Freestyle - MC	W
102	100m Backstroke - MC	W	13	400m Individual Medley	M	22	100m Butterfly	W	31	200m Butterfly	M	41	200m Individual Medley	M
3	100m Individual Medley	M	14	400m Individual Medley	W	112	100m Butterfly - MC	W	32	200m Butterfly	W	125	200m Individual Medley - MC	M
103	100m Individual Medley - MC	M	15	200m Freestyle	M	23	50m Breaststroke	M	33	100m Breaststroke	M	42	200m Individual Medley	W
4	100m Individual Medley	W	16	200m Freestyle	W	113	50m Breaststroke - MC	M	119	100m Breaststroke - MC	M	126	200m Individual Medley - MC	W
104	100m Individual Medley - MC	W	17	4 x 100m Medley Relay	M	24	50m Breaststroke	W	34	100m Breaststroke	W	43	1500m Freestyle (FTF)	M
5	200m Breaststroke	M	18	4 x 100m Medley Relay	W	114	50m Breaststroke - MC	W	120	100m Breaststroke - MC	W	44	800m Freestyle (FTF)	W
6	200m Breaststroke	W				25	400m Freestyle	M	35	100m Freestyle	M	45	4 x 100m Freestyle Relay	Mix
105	150m Individual Medley - MC	M				115	200m Freestyle - MC	M	121	100m Freestyle - MC	M	202	4 x 100m Medley Relay - MC	Mix
106	150m Individual Medley - MC	W				26	400m Freestyle	W	36	100m Freestyle	W	46	4 x 100m Medley Relay	Mix
7	800m Freestyle (FTF)	M				116	200m Freestyle - MC	W	122	100m Freestyle - MC	W			
8	1500m Freestyle (FTF)	W				27	4 x 50m Freestyle Relay	M	37	4 x 50m Medley Relay	M			
9	4 x 100m Freestyle Relay	M				28	4 x 50m Freestyle Relay	W	38	4 x 50m Medley Relay	W			
10	4 x 100m Freestyle Relay	W												