

	Day 1		Day 2		Day 3 Heats - Session 5			Day 4			Day 5			
	Heats - Session 1		Heats - Session 3					Heats - Session 7				Heats - Session 9		
Warm-up: 7.30am - 8.55am Start: 9.10am				Warm-up: 7.30am - 8.55am Start: 9.10am			Warm-up: 7.30am - 8.55am Start: 9.10am			Warm-up: 7.30am - 8.55am Start: 9.10am	Warm-up: 7.30am - 8.55am Start: 9.10am			
1	400m Freestyle	F	10	200m Freestyle	М	18	200m Backstroke	М	25	100m Breaststroke	F	33	100m Backstroke	М
2	100m Butterfly	М	103	50m Freestyle – MC	М	19	200m Backstroke	F	26	200m Individual Medley	М	113	100m Backstroke – MC	М
3	100m Butterfly	F	104	50m Freestyle – MC	F	20	400m Individual Medley	М	109	200m Individual Medley – MC	М	34	100m Backstroke	F
4	100m Breaststroke	М	11	200m Breaststroke	М	21	400m Individual Medley	F	110	200m Individual Medley – MC	F	114	100m Backstroke – MC	F
101	100m Breaststroke – MC	М	12	200m Breaststroke	F	107	100m Freestyle – MC	М	27	200m Freestyle	F	35	200m Butterfly	М
102	100m Breaststroke – MC	F	13	50m Freestyle	F	108	100m Freestyle – MC	F	28	50m Freestyle	М	36	200m Butterfly	F
5	200m Individual Medley	F	14	50m Butterfly	М	22	100m Freestyle	М	29	50m Butterfly	F	37	400m Freestyle	М
6	50m Backstroke	М	105	50m Butterfly – MC	М	23	100m Freestyle	F	111	200m Freestyle – MC	М	115	400m Freestyle - MC	М
7	50m Backstroke	F	106	50m Butterfly – MC	F				112	200m Freestyle – MC	F	116	400m Freestyle - MC	F
8	800m Freestyle (TF)	М	15	800m Freestyle (TF)	F				30	1500m Freestyle (TF)	М	38	50m Breaststroke	М
												39	50m Breaststroke	F
												40	1500m Freestyle (TF)	F

	Day 1		Day 2 Finals - Session 4			Day 3 Finals - Session 6			Day 4			Day 5			
	Finals - Session 2								Finals - Session 8				Finals - Session 10		
	Warm-up: 4pm - 5.25pm Opening Ceremony: 5.30pm Start: 5.45pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm			Warm-up: 4pm - 5.25pm Start: 5.40pm		
1	400m Freestyle	F	10	200m Freestyle	М	18	200m Backstroke	М	25	100m Breaststroke	F	33	100m Backstroke	М	
2	100m Butterfly	М	103	50m Freestyle – MC	М	19	200m Backstroke	F	26	200m Individual Medley	М	113	100m Backstroke – MC	м	
3	100m Butterfly	F	104	50m Freestyle – MC	F	20	400m Individual Medley	М	109	200m Individual Medley – MC	М	34	100m Backstroke	F	
4	100m Breaststroke	М	11	200m Breaststroke	М	21	400m Individual Medley	F	110	200m Individual Medley – MC	F	114	100m Backstroke – MC	F	
101	100m Breaststroke – MC	М	12	200m Breaststroke	F		Medal Presentations (18 – 21)		27	200m Freestyle	F	35	200m Butterfly	М	
102	100m Breaststroke – MC	F	N	Iedal Presentations (10 – 12, 103 – 10	)4)	22	100m Freestyle	М	28	50m Freestyle	М	36	200m Butterfly	F	
	Medal Presentations (1 – 4, 101 – 102)		13	50m Freestyle	F	107	100m Freestyle – MC	М	29	50m Butterfly	F	Me	dal Presentations (33 – 36, 113 -	- 114)	
5	5 200m Individual Medley F		14	50m Butterfly	М	23	100m Freestyle	F		Medal Presentations (25 – 29, 109 – 110)		37	400m Freestyle	м	
6	50m Backstroke	М	105	50m Butterfly – MC	М	108	100m Freestyle – MC	F	111	200m Freestyle – MC	М	115	400m Freestyle - MC	м	
7	50m Backstroke	F	106	50m Butterfly – MC	F	24	4 x 50m Medley Relay	Mix	112	200m Freestyle – MC	F	116	400m Freestyle - MC	F	
8	800m Freestyle (FTF)	М	15	800m Freestyle (FTF)	F	Medal Presentations (22 – 24, 107 – 108)			30	1500m Freestyle (FTF)	М	38	50m Breaststroke	м	
9	4 x 50m Freestyle Relay	Mix	16	4 x 100m Freestyle Relay	М				31	4 x 100m Medley Relay	W	39	50m Breaststroke	F	
	Medal Presentations (5 – 9)	•	17	4 x 100m Freestyle Relay	F				32	4 x 100m Medley Relay	М	40	1500m Freestyle (FTF)	F	
			N	Iedal Presentations (13 – 17, 105 – 10	06)					Medal Presentations (30 – 32, 111 – 112)			Medal Presentations (37 – 40, 115 – 116)		
												Troph	y Presentations & Team Announ	ncement	







## 2023 Apollo Projects NZ Age Group Swimming Championships **Event Schedule**

Version 2 – 14 February 2023