

**Day 1 – Thursday 13<sup>th</sup> December 2007**

<b>Session 1 – Heats</b>		
<b>Warm-up 4.00pm - 5.30pm</b>		
<b>Start 6pm</b>		
1	400 Free	M
2	50 Fly	W
3	200 Fly	M
4	100 Breast	W
5	50 Breast	M
6	100 Free	W
7	100 Free	M
8	400 IM	W
9	100 IM	M
10	200 Back	W
11	50 Back	M
12	800 Free	W
13*	4 x 200 Free Relay	M
14*	4 x 100 Medley Relay	W

\* Note: Relays will be swum as Timed Finals. If more than 8 entries per relay event, the fastest heat will be swum in the finals session.

**Day 2 – Friday 14<sup>th</sup> December 2007**

Session 2 – Finals				Session 3 – Heats		
Warm-up 8.00am - 9.45am				Warm-up 4.00pm - 5.45pm		
Start 10am				Start 6pm		
1	400 Free		M	15	400 Free	W
2	50 Fly		W			
Victory ceremony	1	400 Free	M	16	50 Fly	M
3	200 Fly		M			
Victory ceremony	2	50 Fly	W	17	100 Fly	W
4	100 Breast		W			
Victory ceremony	3	200 Fly	M	18	200 Back	M
5	50 Breast		M			
Victory ceremony	4	100 Breast	W	19	100 Back	W
6	100 Free		W			
Victory Ceremony	5	50 Breast	M	20	100 Breast	M
7	100 Free		M			
Victory ceremony	6	100 Free	W	21	200 Breast	W
8	400 IM		W			
Victory ceremony	7	100 Free	M	22	200 Free	M
9	100 IM		M			
Victory ceremony	8	400 IM	W	23	50 Free	W
10	200 Back		W			
Victory ceremony	9	100 IM	M	24	200 IM	M
11	50 Back		M			
Victory ceremony	10	200 Back	W	25	100 IM	W
12	800 Free		W			
Victory ceremony	11	50 Back	M	26*	4 x 100 Medley Relay	M
13	4 x 200 Free Relay		M			
14	4 x 100m Medley Relay		W	27*	4 x 100 Free Relay	W
Victory ceremony	12	800 Free	W			

\* Note: Relays will be swum as Timed Finals. If more than 8 entries per relay event, the fastest heat will be swum in the finals session.

**Victory ceremonies for Relay Events 13 & 14 will be prior to the finals session at 9.40am on Saturday 15<sup>th</sup> December 2007**

**Day 3 – Saturday 15<sup>th</sup> December 2007**

**Victory ceremonies for Relay events 13 & 14  
will be prior to the finals session at 8.40am**

<b>Session 4 – Finals</b>				<b>Session 5 – Heats</b>		
<b>Warm-up 8.00am - 9.45am</b>				<b>Warm-up 4.00pm - 5.45pm</b>		
<b>Start 10am</b>				<b>Start 6pm</b>		
15	400 Free		W	28	200 Fly	W
16	50 Fly		M			
Victory ceremony	15	400 Free	W	29	100 Fly	M
17	100 Fly		W			
Victory ceremony	16	50 Fly	M	30	50 Breast	W
18	200 Back		M			
Victory ceremony	17	100 Fly	W	31	200 Breast	M
19	100 Back		W			
Victory ceremony	18	200 Back	M	32	200 Free	W
20	100 Breast		M			
Victory ceremony	19	100 Back	W	33	50 Free	M
21	200 Breast		W			
Victory ceremony	20	100 Breast	M	34	200 IM	W
22	200 Free		M			
Victory ceremony	21	200 Breast	W	35	400 IM	M
23	50 Free		W			
Victory ceremony	22	200 Free	M	36	50 Back	W
24	200 IM		M			
Victory ceremony	23	50 Free	W	37	100 Back	M
25	100 IM		W			
Victory ceremony	24	200 IM	M	38	1500 Free	M
26	4 x 100 Medley Relay		M			
27	4 x 100 Free Relay		W	39*	4 x 200 Free Relay	W
Victory ceremony	25	100 IM	W			
				40*	4 x 100 Free Relay	M

**Victory ceremonies for Relay Events 26 & 27 will be  
prior to the finals session at 9.40am on Sunday 16<sup>th</sup>  
December 2007**

\* Note: Relays will be swum as  
Timed Finals. If more than 8 entries  
per relay event, the fastest heat will  
be swum in the finals session.

**Day 4 – Sunday 16<sup>th</sup> December 2007**

**Victory Ceremonies for Relay events 26 & 27  
will be held prior to the finals session at 9.40am**

<b>Session 6 – Finals</b>			
<b>Warm-up 8.00am - 9.45am</b>			
<b>Start 10am</b>			
28	200 Fly		W
29	100 Fly		M
Victory ceremony	28	200 Fly	W
30	50 Breast		W
Victory ceremony	29	100 Fly	M
31	200 Breast		M
Victory ceremony	30	50 Breast	W
32	200 Free		W
Victory ceremony	31	200 Breast	M
33	50 Free		M
Victory ceremony	32	200 Free	W
34	200 IM		W
Victory ceremony	33	50 Free	M
35	400 IM		M
Victory ceremony	34	200 IM	W
36	50 Back		W
Victory ceremony	35	400 IM	M
37	100 Back		M
Victory ceremony	36	50 Back	W
38	1500 Free		M
Victory ceremony	37	100 Back	M
39	4 x 200 Free Relay		W
40	4 x 100 Free Relay		M
Victory ceremony	38	1500 Free	M
Victory ceremony	39	4 x 200 Free Relay	W
Victory ceremony	40	4 x 100 Free Relay	M