

Swimming



Order of Events

Warm-up Times, Session Start Times and Order of Events

Day 1 – Thurs 5 th June				Day 2 – Fri 6 th June				Day 3 – Sat 7 th June				Day 4 – Sun 8 th June			
Session 1 - Heats				Session 3 - Heats				Session 5 - Heats				Session 7 - Heats			
Warm-up 8.15am – 9.45am Start 10am				Warm-up 8.15am – 9.45am Start 10am				Warm-up 8.15 – 9.45am Start 10am				Warm-up 8.15 – 9.45am Start 10am			
1	50 Fly		M	10	50 Back		W	20	50 Breast		W	30	800 Free	TF	W
2	50 Fly		W	11	50 Back		M	21	50 Breast		M	31	200 IM		M
3	200 Free		M	12	100 Free		W	22	400 Free		W	32	200 IM		W
4	200 Free		W	13	100 Free		M	23	400 Free		M	33	50 Free		M
5	100 Back		M	14	100 Breast		W	24	100 Fly		W	34	50 Free		W
6	100 Back		W	15	100 Breast		M	25	100 Fly		M	35	200 Breast		M
7	200 Fly		M	16	400 IM		W	26	200 Back		W	36	200 Breast		W
8	200 Fly		W	17	400 IM		M	27	200 Back		M				
9	1500 Free	TF	M												

Session 2 - Finals				Session 4 - Finals				Session 6 - Finals				Session 8 - Finals			
Warm-up 4.45 – 6.15pm Start 6.30pm				Warm-up 4.45 – 6.15pm Start 6.30pm				Warm-up 4.45 – 6.15pm Start 6.30pm				Warm-up 4.45 – 6.15pm Start 6.30pm			
1	50 Fly		M	10	50 Back		W	20	50 Breast		W	30	800 Free - fastest heat		W
2	50 Fly		W	11	50 Back		M	21	50 Breast		M	31	200 IM		M
3	200 Free		M	12	100 Free		W	22	400 Free		W	32	200 IM		W
4	200 Free		W	13	100 Free		M	23	400 Free		M	33	50 Free		M
5	100 Back		M	14	100 Breast		W	24	100 Fly		W	34	50 Free		W
6	100 Back		W	15	100 Breast		M	25	100 Fly		M	35	200 Breast		M
7	200 Fly		M	16	400 IM		W	26	200 Back		W	36	200 Breast		W
8	200 Fly		W	17	400 IM		M	27	200 Back		M	37	4 x 100 Medley Relay		M
9	1500 Free - fastest heat		M	18	4 x 200 Free Relay		W	28	4 x 100 Free Relay		W	38	4 x 100 Medley Relay		W
				19	4 x 200 Free Relay		M	29	4 x 100 Free Relay		M				