

## Day 1 – Sunday 28<sup>th</sup> September 2008

Session 1 – Heats			Session 2 – Finals			
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.30pm Start 6pm			
1	100 Back	W	1	100 Back	W	15 & Under
			1a	100 Back	W	16 & Over
2	200 Free	M	Victory ceremony	1	100 Back	W 15 & Under
			2	200 Free	M	15 & Under
3	200 Fly	W	Victory ceremony	1a	100 Back	W 16 & Over
			2a	200 Free	M	16 & Over
4	100 Back	M	Victory ceremony	2	200 Free	M 15 & Under
			3	200 Fly	W	15 & Under
5	50 Breast	W	Victory ceremony	2a	200 Free	M 16 & Over
			3a	200 Fly	W	16 & Over
6	100 Breast	M	Victory Ceremony	3	200 Fly	W 15 & Under
			4	100 Back	M	15 & Under
7	400 Free	W	Victory ceremony	3a	200 Fly	W 16 & Over
			4a	100 Back	M	16 & Over
8	100 Fly	M	Victory ceremony	4	100 Back	M 15 & Under
			5	50 Breast	W	15 & Under
9	4 x 50 Free Relay *	W	Victory ceremony	4a	100 Back	M 16 & Over
	15 & Under		5a	50 Breast	W	16 & Over
10	4 x 50 Free Relay *	M	Victory Ceremony	5	50 Breast	W 15 & Under
	15 & Under		6	100 Breast	M	15 & Under
11	4 x 50 Free Relay *	W	Victory ceremony	5a	50 Breast	W 16 & Over
	16 & Over		6a	100 Breast	M	16 & Over
12	4 x 50 Free Relay *	M	Victory ceremony	6	100 Breast	M 15 & Under
	16 & Over		7	400 Free	W	15 & Under
13	8 x 25 Medley Relay *	Mixed	Victory ceremony	6a	100 Breast	M 16 & Over
			7a	400 Free	W	16 & Over
			Victory ceremony	7	400 Free	W 15 & Under
			8	100 Fly	M	15 & Under
			Victory ceremony	7a	400 Free	W 16 & Over
			8a	100 Fly	M	16 & Over
			Victory ceremony	8	100 Fly	M 15 & Under
			Victory ceremony	8a	100 Fly	M 16 & Over
			9	4 x 50 Free Relay	W	15 & Under
			10	4 x 50 Free Relay	M	15 & Under
			11	4 x 50 Free Relay	W	16 & Over
			12	4 x 50 Free Relay	M	16 & Over
			13	8 x 25 Medley Relay	Mixed	

\* NOTE: There will be heats and finals for relays if the number of entries exceeds the number of lanes.

**Victory ceremonies for Relay Events 9, 10, 11, 12 & 13 will be prior to the finals session at 5.50pm on Monday 29<sup>th</sup> September.**

## Day 2 – Monday 29<sup>th</sup> September 2008

Victory ceremonies for Relay events 9, 10, 11, 12 & 13  
will be prior to the finals session at 5.50pm

Session 3 – Heats			Session 4 – Finals			
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.45pm Start 6pm			
14	50 Fly	W	14	50 Fly	W	15 & Under
			14a	50 Fly	W	16 & Over
15	50 Fly	M	Victory ceremony	14	50 Fly	W 15 & Under
				15	50 Fly	M 15 & Under
16	100 IM	W	Victory ceremony	14a	50 Fly	W 16 & Over
				15a	50 Fly	M 16 & Over
17	400 IM	M	Victory ceremony	15	50 Fly	M 15 & Under
				16	100 IM	W 15 & Under
18	800 Free – Timed finals	W	Victory ceremony	15a	50 Fly	M 16 & Over
				16a	100 IM	W 16 & Over
19	100 Free	M	Victory Ceremony	16	100 IM	W 15 & Under
				17	400 IM	M 15 & Under
20	100 Free	W	Victory ceremony	16a	100 IM	W 16 & Over
				17a	400 IM	M 16 & Over
21	200 Back	M	Victory ceremony	17	400 IM	M 15 & Under
				18	800 Free	W Fastest TF
22	200 Breast	W	Victory ceremony	17a	400 IM	M 16 & Over
				19	100 Free	M 15 & Under
23	4 x 100 Free Relay * 15 & Under	M	Victory Ceremony	18	800 Free	W 15 & Under
			Victory ceremony	18a	800 Free	W 16 & Over
24	4 x 100 Free Relay * 15 & Under	W		19a	100 Free	M 16 & Over
			Victory ceremony	19	100 Free	M 15 & Under
25	4 x 100 Medley Relay * 16 & Over	M		20	100 Free	W 15 & Under
			Victory ceremony	19a	100 Free	M 16 & Over
26	4 x 100 Medley Relay * 16 & Over	W		20a	100 Free	W 16 & Over
			Victory ceremony	20	100 Free	W 15 & Under
				21	200 Back	M 15 & Under
			Victory ceremony	20a	100 Free	W 16 & Over
				21a	200 Back	M 16 & Over
			Victory ceremony	21	200 Back	M 15 & Under
				22	200 Breast	W 15 & Under
			Victory ceremony	21a	200 Back	M 16 & Over
				22a	200 Breast	W 16 & Over
			Victory ceremony	22	200 Breast	W 15 & Under
			Victory ceremony	22a	200 Breast	W 16 & Over
				23	4 x 100 Free Relay	M 15 & Under
				24	4 x 100 Free Relay	W 15 & Under
				25	4 x 100 Medley Relay	M 16 & Over
				26	4 x 100 Medley Relay	W 16 & Over

\* NOTE: There will be heats and finals for relays if the number of entries exceeds the number of lanes.

Victory ceremonies for Relay Events 23, 24, 25 & 26 will be prior to the finals session at 5.50pm on Tuesday 30<sup>th</sup> September.

## Day 3 – Tuesday 30<sup>th</sup> September 2008

**Victory Ceremonies for Relay events 23, 24, 25 & 26  
will be prior to the finals session at 5.50pm**

Session 5 – Heats			Session 6 – Finals			
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.45pm Start 6pm			
27	50 Back	M	27	50 Back	M	15 & Under
			27a	50 Back	M	16 & Over
28	100 Breast	W	Victory ceremony	27 50 Back	M	15 & Under
			28	100 Breast	W	15 & Under
29	400 Free	M	Victory ceremony	27a 50 Back	M	16 & Over
			28a	100 Breast	W	16 & Over
30	50 Free	W	Victory ceremony	28 100 Breast	W	15 & Under
			29	400 Free	M	15 & Under
31	200 Breast	M	Victory ceremony	28a 100 Breast	W	16 & Over
			29a	400 Free	M	16 & Over
32	400 IM	W	Victory Ceremony	29 400 Free	M	15 & Under
			30	50 Free	W	15 & Under
33	200 IM	M	Victory ceremony	29a 400 Free	M	16 & Over
			30a	50 Free	W	16 & Over
34	200 Back	W	Victory ceremony	30 50 Free	W	15 & Under
			31	200 Breast	M	15 & Under
35	4 x 50 Medley Relay * 15 & Under	M	Victory ceremony	30a 50 Free	W	16 & Over
			31a	200 Breast	M	16 & Over
36	4 x 50 Medley Relay * 15 & Under	W	Victory ceremony	31 200 Breast	M	15 & Under
			32	400 IM	W	15 & Under
37	4 x 50 Medley Relay * 16 & Over	M	Victory ceremony	31a 200 Breast	M	16 & Over
			32a	400 IM	W	16 & Over
38	4 x 50 Medley Relay * 16 & Over	W	Victory ceremony	32 400 IM	W	15 & Under
			33	200 IM	M	15 & Under
39	8 x 25 Free Relay * Mixed	Mixed	Victory ceremony	32a 400 IM	W	16 & Over
			33a	200 IM	M	16 & Over
			Victory ceremony	33 200 IM	M	15 & Under
			34	200 Back	W	15 & Under
			Victory ceremony	33a 200 IM	M	16 & Over
			34a	200 Back	W	16 & Over
			Victory ceremony	34 200 Back	W	15 & Under
			Victory ceremony	34a 200 Back	W	16 & Over
			35	4 x 50 Medley Relay	M	15 & Under
			36	4 x 50 Medley Relay	W	15 & Under
			37	4 x 50 Medley Relay	M	16 & Over
			38	4 x 50 Medley Relay	W	16 & Over
			39	8 x 25 Free Relay	Mixed	

\* NOTE: There will be heats and finals for relays if the number of entries exceeds the number of lanes.

**Victory ceremonies for Relay Events  
35, 36, 37, 38 & 39 will be prior to  
the finals session at 5.50pm on  
Wednesday 1<sup>st</sup> October.**

## Day 4 – Wednesday 1<sup>st</sup> October 2008

Victory Ceremonies for Relay events 35, 36, 37, 38 & 39  
will be prior to the finals session at 5.50pm

Session 7 – Heats			Session 8 – Finals				
Warm-up 7.15am - 8.45am		Start	Warm-up 4.15pm - 5.45pm		Start 6pm		
9am							
40	200 Fly	M	40	200 Fly	M	15 & Under	
			40a	200 Fly	M	16 & Over	
41	200 Free	W	Victory ceremony	40	200 Fly	M	15 & Under
			41	200 Free	W	15 & Under	
42	50 Breast	M	Victory ceremony	40a	200 Fly	M	16 & Over
			41a	200 Free	W	16 & Over	
43	50 Back	W	Victory ceremony	41	200 Free	W	15 & Under
			42	50 Breast	M	15 & Under	
44	50 Free	M	Victory ceremony	41a	200 Free	W	16 & Over
			42a	50 Breast	M	16 & Over	
45	100 Fly	W	Victory Ceremony	42	50 Breast	M	15 & Under
			43	50 Back	W	15 & Under	
46	1500 Free Timed Finals	M	Victory ceremony	42a	50 Breast	M	16 & Over
			43a	50 Back	W	16 & Over	
47	200 IM	W	Victory ceremony	43	50 Back	W	15 & Under
			44	50 Free	M	15 & Under	
48	100 IM	M	Victory ceremony	43a	50 Back	W	16 & Over
			44a	50 Free	M	16 & Over	
49	4 x 100 Medley Relay *	W	Victory ceremony	44	50 Free	M	15 & Under
	15 & Under		47	200 IM	W	15 & Under	
50	4 x 100 Medley Relay *	M	Victory ceremony	44a	50 Free	M	16 & Over
	15 & Under		47a	200 IM	W	16 & Over	
51	4 x 100 Free Relay *	W	Victory ceremony	47	200 IM	W	15 & Under
	16 & Over		48	100 IM	M	15 & Under	
52	4 x 100 Free Relay *	M	Victory ceremony	47a	200 IM	W	16 & Over
	16 & Over		48a	100 IM	M	16 & Over	
			Victory ceremony	48	100 IM	M	15 & Under
			45	100 Fly	W	15 & Under	
			Victory ceremony	48a	100 IM	M	16 & Over
			45a	100 Fly	W	16 & Over	
			Victory ceremony	45	100 Fly	W	15 & Under
			46	1500 Free	M	Fastest TF	
			Victory ceremony	45a	100 Fly	W	16 & Over
			Victory ceremony	46	1500 Free	M	15 & Over
			Victory ceremony	46a	1500 Free	M	16 & Over
			49	4 x 100 Medley Relay	W	15 & Under	
			50	4 x 100 Medley Relay	M	15 & Under	
			51	4 x 100 Free Relay	W	16 & Over	
			52	4 x 100 Free Relay	M	16 & Over	

\* NOTE: There will be heats and finals for relays if the number of entries exceeds the number of lanes.