

Day 1 - Wednesday 1st April 2009

Session 1 – Heats			Session 2 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.30pm		Start 6pm
1	100 Fly	W	1	100 Fly	W
2	100 Fly	M	2	100 Fly	M
3	100 Breast	W	Victory ceremony 1	100 Fly	W
4	100 Breast	M	3	100 Breast	W
5	800 Free - TF	M	Victory ceremony 2	100 Fly	M
6	50 Back	W	4	100 Breast	M
7	50 Back	M	Victory ceremony 3	100 Breast	W
8	1500 Free - TF	W	6	50 Back	W
			Victory ceremony 4	100 Breast	M
			7	50 Back	M
			Victory ceremony 6	50 Back	W
			9	4x100 Free	W
			10	4x100 Free	M
			Victory ceremony 7	50 Back	M
			Victory ceremony 5	800 Free - TF	M
			Victory ceremony 8	1500 Free - TF	W

Victory ceremonies for Relay Events 9-10 will be prior to the finals session at 5.45pm on Thursday 2nd April

Day 2 - Thursday 2nd April 2009

**Victory ceremonies for Relay Events 9-10 from last night
 will be prior to the finals session at 5.45pm tonight.**

Session 3 – Heats			Session 4 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
11	400 Free	W	11	400 Free	W
12	400 Free	M	12	400 Free	M
12	400 Free	M	Victory ceremony	11	400 Free
13	200 Breast	W	13	200 Breast	W
13	200 Breast	W	Victory ceremony	12	400 Free
14	200 Breast	M	14	200 Breast	M
14	200 Breast	M	Victory ceremony	13	200 Breast
15	50 Free	W	15	50 Free	W
15	50 Free	W	Victory ceremony	14	200 Breast
16	50 Free	M	16	50 Free	M
16	50 Free	M	Victory ceremony	15	50 Free
			Victory ceremony	16	50 Free

Day 3 - Friday 3rd April 2009

Session 5 - Heats			Session 6 - Finals			
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm	
17	200 Free	W	17	200 Free	W	
			18	200 Free	M	
18	200 Free	M	Victory ceremony	17	200 Free	W
			19	50 Breast	W	
19	50 Breast	W	Victory ceremony	18	200 Free	M
			20	50 Breast	M	
20	50 Breast	M	Victory ceremony	19	50 Breast	W
			21	200 IM	W	
21	200 IM	W	Victory ceremony	20	50 Breast	M
			22	200 IM	M	
22	200 IM	M	Victory ceremony	21	200 IM	W
			23	50 Fly	W	
23	50 Fly	W	Victory ceremony	22	200 IM	M
			24	50 Fly	M	
24	50 Fly	M	26	4x200 Free	W	
			27	4x200 Free	M	
25	800 Free	W	Victory ceremony	23	50 Fly	W
			Victory ceremony	24	50 Fly	M

**Victory ceremonies for Relay Events 26 -
27 will be prior to the finals session at
5.45pm on Saturday 4th April**

Day 4 - Saturday 4th April 2009

**Victory ceremonies for Relay Events 26-27 from last night
 will be prior to the finals session at 5.45pm tonight.**

Session 7 – Heats			Session 8 – Finals			
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm	
28	100 Free	M	25	800 Free		W
			28	100 Free		M
29	100 Free	W	25	800 Free		W
			29	100 Free		W
30	200 Fly	M	Victory ceremony	28	100 Free	M
			30	200 Fly		M
31	200 Fly	W	Victory ceremony	29	100 Free	W
			31	200 Fly		W
32	200 Back	M	Victory ceremony	30	200 Fly	M
			32	200 Back		M
33	200 Back	W	Victory ceremony	31	200 Fly	W
			33	200 Back		W
34	1500 Free	M	Victory ceremony	32	200 Back	M
			Victory ceremony	33	200 Back	W

Day 5 - Sunday 5th April 2009

Session 9 - Heats			Session 10 - Finals		
Warm-up 7.00am - 8.45am Start 9am			Warm-up 4.00pm - 5.45pm Start 6pm		
35	400 IM	W	34	1500 Free	M
			35	400 IM	W
36	400 IM	M	Victory ceremony	34	1500 Free
			36	400 IM	M
37	100 Back	W	Victory ceremony	35	400 IM
			37	100 Back	W
38	100 Back	M	Victory ceremony	36	400 IM
			38	100 Back	M
			Victory ceremony	37	100 Back
			39	4x100 Medley	W
			40	4x100 Medley	M
			Victory ceremony	38	100 Back