

**Day 1 – Sunday 27<sup>th</sup> September 2009**

<b>Session 1 – Heats</b>			<b>Session 2 – Finals</b>			
<b>Warm-up 7.15am-8.45am</b>		<b>Start 9am</b>	<b>Warm-up 4.15pm - 5.30pm</b>		<b>Start 6pm</b>	
1	100 Back	W	1	100 Back	W	13-14 years
			1a	100 Back	W	15-16 years
2	200 Free	M	Victory ceremony	1 100 Back	W	13-14 years
			1b	100 Back	W	17 & Over
3	200 Fly	W	Victory ceremony	1a 100 Back	W	15-16 years
			2	200 Free	M	13-14 years
4	100 Back	M	Victory ceremony	1b 100 Back	W	17 & Over
			2a	200 Free	M	15-16 years
5	50 Breast	W	Victory ceremony	2 200 Free	M	13-14 years
			2b	200 Free	M	17 & Over
6	100 Breast	M	Victory Ceremony	2a 200 Free	M	15-16 years
			3	200 Fly	W	13-14 years
7	400 Free	W	Victory ceremony	2b 200 Free	M	17 & Over
			3a	200 Fly	W	15-16 years
8	100 Fly	M	Victory ceremony	3 200 Fly	W	13-14 years
			3b	200 Fly	W	17 & Over
9	4 x 50 Free Relay *	W	Victory ceremony	3a 200 Fly	W	15-16 years
	15 & Under		4	100 Back	M	13-14 years
10	4 x 50 Free Relay *	M	Victory Ceremony	3b 200 Fly	W	17 & Over
	15 & Under		4a	100 Back	M	15-16 years
11	4 x 50 Free Relay *	W	Victory ceremony	4 100 Back	M	13-14 years
	16 & Over		4b	100 Back	M	17 & Over
12	4 x 50 Free Relay *	M	Victory ceremony	4a 100 Back	M	15-16 years
	16 & Over		5	50 Breast	W	13-14 years
13	8 x 25 Medley Relay *	Mixed	Victory ceremony	4b 100 Back	M	17 & Over
			5a	50 Breast	W	15-16 years
			Victory ceremony	5 50 Breast	W	13-14 years
			5b	50 Breast	W	17 & Over
			Victory ceremony	5a 50 Breast	W	15-16 years
			6	100 Breast	M	13-14 years
			Victory ceremony	5b 50 Breast	W	15-16 years
			6a	100 Breast	M	15-16 years
			Victory ceremony	6 100 Breast	M	13-14 years
			6b	100 breast	M	17 & Over
			Victory ceremony	6a 100 Breast	M	15-16 years
			7	400 Free	W	13-14 years
			Victory ceremony	6b 100 Breast	M	17 & Over
			7a	400 Free	W	15-16 years
			Victory ceremony	7 400 Free	W	13-14 years
			7b	400 Free	W	17 & Over
			Victory ceremony	7a 400 Free	W	15-16 years
			8	100 Fly	M	13-14 years
			Victory ceremony	7b 400 Free	W	17 & Over
			8a	100 Fly	M	15-16 years
			Victory ceremony	8 100 Fly	M	13-14 years
			8b	100 Fly	M	17 & Over
			Victory ceremony	8a 100 Fly	M	15-16 years
			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	M/F	
			Victory ceremony	8b 100 Fly	M	17 & 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 9, 10, 11, 12 & 13 will be prior to the finals session at 5.50pm on Monday 28<sup>th</sup> September.**

## Day 2 – Monday 28<sup>th</sup> September 2009

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	13-14 years
			14a	50 Fly	W	15-16 years
15	50 Fly	M	Victory ceremony	14	50 Fly	W 13-14 years
			14b	50 Fly	W	17 & Over
16	100 IM	W	Victory ceremony	14a	50 Fly	W 15-16 years
			15	50 Fly	M	13-14 years
17	400 IM	M	Victory ceremony	14b	50 Fly	W 17 & Over
			15a	50 Fly	M	15-16 years
18	800 Free – Timed finals	W	Victory ceremony	15	50 Fly	M 13-14 years
			15b	50 Fly	M	17 & Over
19	100 Free	M	Victory ceremony	15a	50 Fly	M 15-16 years
			16	100 IM	W	13-14 years
20	100 Free	W	Victory ceremony	15b	50 Fly	M 17 & Over
			16a	100 IM	W	15-16 years
21	200 Back	M	Victory ceremony	16	100 IM	W 13-14 years
			16b	100 IM	W	17 & Over
22	200 Breast	W	Victory ceremony	16a	100 IM	W 15-16 years
			17	400 IM	M	13-14 years
23	4 x 100 Free Relay* 15 & Under	M	Victory ceremony	16b	100 IM	W 17 & Over
			17a	400 IM	M	15-16 years
24	4 x 100 Free Relay* 15 & Under	W	Victory Ceremony	17	400 IM	M 13-14 years
			17b	400 IM	M	17 & Over
25	4 x 100 Medley Relay* 16 & over	M	Victory ceremony	17a	400 IM	M 15-16 years
			18	800 Free	W	Fastest TF
26	4 x 100 Medley Relay* 16 & Over	W	Victory ceremony	17b	400 IM	M 17 & Over
			19	100 Free	M	13-14 years
			Victory ceremony	18	800 Free	W 13-14 years
			Victory ceremony	18a	800 Free	W 15-16 years
			Victory ceremony	18b	800 Free	W 17 & Over
			19a	100 Free	M	15-16 years
			Victory ceremony	19	100 Free	M 13-14 years
			19b	100 Free	M	17 & Over
			Victory ceremony	19a	100 Free	M 15-16 years
			20	100 Free	W	13-14 years
			Victory ceremony	19b	100 Free	M 17 & Over
			20a	100 Free	W	15-16 years
			Victory ceremony	20	100 Free	W 13-14 years
			20b	100 Free	W	17 & Over
			Victory ceremony	20a	100 Free	W 15-16 years
			21	200 Back	M	13-14 years
			Victory ceremony	20b	100 Free	W 17 & Over
			21a	200 Back	M	15-16 years
			Victory ceremony	21	200 Back	M 13-14 years
			21b	200 Back	M	17 & Over
			Victory ceremony	21a	200 Back	M 15-16 years
			22	200 Breast	W	13-14 years
			Victory ceremony	21b	200 Back	M 17 & Over
			22a	200 Breast	W	15-16 years
			Victory ceremony	22	200 Breast	W 13-14 years
			22b	200 Breast	W	17 & Over
			Victory ceremony	22a	200 Breast	W 15-16 years
			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
			Victory ceremony	22b	200 Breast	W 17 & 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 29<sup>th</sup> September.**

**Day 3 – Tuesday 29<sup>th</sup> September 2009**

**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	13-14 years
			27a	50 Back	M	15-16 years
28	100 Breast	W	Victory ceremony	27	50 Back	M 13-14 years
			27b	50 Back	M	17 & Over
29	400 Free	M	Victory ceremony	27a	50 Back	M 15-16 years
			28	100 Breast	W	13-14 years
30	50 Free	W	Victory ceremony	27b	50 Back	M 17 & Over
			28a	100 Breast	W	15-16 years
31	200 Breast	M	Victory ceremony	28	100 Breast	W 13-14 years
			28b	100 Breast	W	17 & Over
32	400 IM	W	Victory ceremony	28a	100 Breast	W 15-16 years
			29	400 Free	M	13-14 years
33	200 IM	M	Victory Ceremony	28b	100 Breast	W 17 & Over
			29a	400 Free	M	16 & Over
34	200 Back	W	Victory Ceremony	29	400 Free	M 13-14 years
			29b	400 Free	M	13-14 years
35	4 x 50 Medley Relay* 15 & Under	M	Victory Ceremony	29a	400 Free	M 15-16 years
			30	50 Free	W	13-14 years
36	4 x 50 Medley Relay* 15 & Under	W	Victory Ceremony	29b	400 Free	M 17 & Over
			30a	50 Free	W	15-16 years
37	4 x 50 Medley Relay* 16 & Over	M	Victory Ceremony	30	50 Free	W 13-14 years
			30b	50 Free	W	17 & over
38	4 x 50 Medley Relay* 16 & Over	W	Victory Ceremony	30a	50 Free	W 15-16 years
			31	200 Breast	M	13-14 years
39	8 x 25 Free Relay*	M/F	Victory Ceremony	30b	50 Free	W 17 & over
			31a	200 Breast	M	15-16 years
			Victory ceremony	31	200 Breast	M 13-14 years
			31b	200 Breast	M	17 & Over
			Victory ceremony	31a	200 Breast	M 15-16 years
			32	400 IM	W	13-14 years
			Victory ceremony	31b	200 Breast	M 17 & Over
			32a	400 IM	W	15-16 years
			Victory ceremony	32	400 IM	W 13-14 years
			32b	400 IM	W	17 & Over
			Victory ceremony	32a	400 IM	W 15-16 years
			33	200 IM	M	13-14 years
			Victory ceremony	32b	400 IM	W 17 & Over
			33a	200 IM	M	15-16 years
			Victory ceremony	33	200 IM	M 13-14 years
			33b	200 IM	M	17 & Over
			Victory ceremony	33a	200 IM	M 15-16 years
			34	200 Back	W	13-14 years
			Victory ceremony	33b	200 IM	M 17 & Over
			34a	200 Back	W	15-16 years
			Victory ceremony	34	200 Back	W 13-14 years
			34b	200 Back	W	17 & Over
			Victory ceremony	34a	200 Back	W 15-16 years
			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	M/F	
			Victory ceremony	34b	200 Back	W 17 & 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 35, 36, 37, 38 & 39 will be prior to the finals session at 5.50pm on Wednesday 30<sup>th</sup> September.**

**Day 4 – Wednesday 30<sup>th</sup> September 2009**

**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 9am	Warm-up 4.15pm - 5.45pm		Start 6pm		
40	200 Fly	M	40	200 Fly	M	13-14 years	
			40a	200 Fly	M	15-16 years	
41	200 Free	W	Victory ceremony	40	200 Fly	M	13-14 years
			40 b	200 Fly	M	17 & Over	
42	50 Breast	M	Victory ceremony	40a	200 Fly	M	15-16 years
			41	200 Free	W	13-14 years	
43	50 Back	W	Victory ceremony	40b	200 Fly	M	17 & Over
			41a	200 Free	W	15-16 years	
44	50 Free	M	Victory ceremony	41	200 Free	W	13-14 years
			41b	200 Free	W	17 & Over	
45	100 Fly	W	Victory ceremony	41a	200 Free	W	15-16 years
			42	50 Breast	M	13-14 years	
46	1500 Free Timed Finals	M	Victory ceremony	41b	200 Free	W	17 & Over
			42a	50 Breast	M	15-16 years	
47	200 IM	W	Victory Ceremony	42	50 Breast	M	13-14 years
			42b	50 Breast	M	17 & Over	
48	100 IM	M	Victory ceremony	42a	50 Breast	M	15-16 years
			43	50 Back	W	13-14 years	
49	4 x 100 Medley Relay* 15 & Under	W	Victory ceremony	42b	50 Breast	M	17 & Over
			43a	50 Back	W	15-16 years	
50	4 x 100 Medley Relay* 15 & Under	M	Victory ceremony	43	50 Back	W	13-14 years
			43b	50 Back	W	17 & Over	
51	4 x 100 Free Relay* 16 & Over	W	Victory ceremony	43a	50 Back	W	15-16 years
			44	50 Free	M	13-14 years	
52	4 x 100 Free Relay* 16 & Over	M	Victory ceremony	43b	50 Back	W	17 & Over
			44a	50 Free	M	15-16 years	
			Victory ceremony	44	50 Free	M	13-14 years
			44b	50 Free	M	17 & Over	
			Victory ceremony	44a	50 Free	M	15-16 years
			47	200 IM	W	13-14 years	
			Victory ceremony	44b	50 Free	M	17 & Over
			47a	200 IM	W	15-16 years	
			Victory ceremony	47	200 IM	W	13-14 years
			47b	200 IM	W	17 & Over	
			Victory ceremony	47a	200 IM	W	15-16 years
			48	100 IM	M	13-14 years	
			Victory ceremony	47b	200 IM	W	17 & Over
			48a	100 IM	M	15-16 years	
			Victory ceremony	48	100 IM	M	13-14 years
			48b	100 IM	M	17 & Over	
			Victory ceremony	48a	100 IM	M	15-16 years
			45	100 Fly	W	13-14 years	
			Victory ceremony	48b	100 IM	M	17 & Over
			45a	100 Fly	W	15-16 years	
			Victory ceremony	45	100 Fly	W	13-14 years
			45b	100 Fly	W	17 & Over	
			Victory ceremony	45a	100 Fly	W	15-16 years
			46	1500 Free	M	Fastest TF	
			Victory ceremony	45b	100 Fly	W	17 & 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	
			Victory ceremony	46	1500 Free	M	13-14 years
			Victory ceremony	46a	1500 Free	M	15-16 years
			Victory ceremony	46b	1500 Free	M	17 & Over
			Victory ceremony	49	4 x 100 Medley Relay	W	15 & Over
			Victory ceremony	50	4 x 100 Medley Relay	M	15 & Over
			Victory ceremony	51	4 x 100 Free Relay	W	16 & Over
			Victory ceremony	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.