

**AYOF**  
**14-18<sup>th</sup> JANUARY 2009**  
**Swimming Event Schedule**



**Venue: Aquatics Centre, SOP\***

**NOTE: Day 1 14<sup>th</sup> NO SWIMMING**

Day 2 - 15/01/2009

9:00 - 10:00 - Heats

200M Free W, 200M Free M, 100M Back W, 100M Back M, 200M Fly W, 200M Fly M

18:00 - 19:30 - Finals

200M Free W, 200M Free M, 100M Back W, 100M Back M, 200M Fly W, 200M Fly M

Day 3 - 16/01/2009

9:00 - 10:00 - Heats

100M Free W, 100M Free M, 100M Breast W, 100M Breast M, 400M IM W, 400M IM M,  
4x200M Relay W, 4x200M Relay M

18:00 - 19:30 - Finals

100M Free W, 100M Free M, 100M Breast W, 100M Breast M, 400M IM W, 400M IM M,  
4x200M Relay W, 4x200M Relay M

Day 4 - 17/01/2009

9:00 - 10:00 - Heats

400M Free W, 400M Free M, 100M Fly W, 100M Fly M, 200M Back W, 200M Back M, 4x100M  
Free W, 4x100M Free M

18:00 - 19:30 - Finals

400M Free W, 400M Free M, 100M Fly W, 100M Fly M, 200M Back W, 200M Back M, 4x100M  
Free W, 4x100M Free M

Day 5 - 18/01/2009

8:00 - 9:00 - Heats

800M Free (Slow Heats) W, 200M IM W, 200M IM M, 50M Free W, 50M Free M, 200M  
Breast W, 200M Breast M,  
1500M Free (Slow Heats) M, 4x100M Medley Relay W, 4x100M Medley Relay M

14:00 - 16:00 - Finals

800M Free (Fast Heat) W, 200M IM W, 200M IM M, 50M Free W, 50M Free M, 200M Breast  
W, 200M Breast M,  
1500M Free (Fast Heat) M, 4x100M Medley Relay W, 4x100M Medley Relay M

\* Schedule subject to change.