

## Day 1 – Wednesday 21<sup>st</sup> March 2007

Session 1 – Heats			Session 2 – Finals			
Warm-up 7.30am - 8.45am		Start 9am	Warm-up 4.30pm - 5.30pm		Start 6pm	
1	200 Back	M	1	200 Back	M	13 & Under
			1	200 Back	M	14-15 years
2	200 Back	W	Victory ceremony	1 200 Back	M	13 & Under
			1	200 Back	M	16 & Over
3	100 Breast	M	Victory ceremony	1 200 Back	M	14-15 years
			2	200 Back	W	13 & Under
4	100 Breast	W	Victory ceremony	1 200 Back	M	16 & Over
			2	200 Back	W	14-15 years
5	50 Fly	M	Victory ceremony	2 200 Back	W	13 & Under
			2	200 Back	W	16 & Over
6	50 Fly	W	Victory Ceremony	2 200 Back	W	14-15 years
			3	100 Breast	M	13 & Under
7	400 Free (tined finals)	M	Victory ceremony	2 200 Back	W	16 & Over
			3	100 Breast	M	14-15 years
8	400 Free (tined finals)	W	Victory ceremony	3 100 Breast	M	13 & Under
			3	100 Breast	M	16 & Over
9	100 IM	M	Victory ceremony	3 100 Breast	M	14-15 years
			4	100 Breast	W	13 & Under
10	4 x 50 Free Club Relay 14 & Under	W	Victory Ceremony	3 100 Breast	M	16 & Over
			4	100 Breast	W	14-15 years
			Victory ceremony	4 100 Breast	W	13 & Under
			4	100 Breast	W	16 & Over
			Victory ceremony	4 100 Breast	W	14-15 years
			5	50 Fly	M	13 & Under
			Victory ceremony	4 100 Breast	W	16 & Over
			5	50 Fly	M	14-15 years
			Victory ceremony	5 50 Fly	M	13 & Under
			5	50 Fly	M	16 & Over
			Victory ceremony	5 50 Fly	M	14-15 years
			6	50 Fly	W	13 & Under
			Victory ceremony	5 50 Fly	M	16 & Over
			6	50 Fly	W	14-15 years
			Victory ceremony	6 50 Fly	W	13 & Under
			6	50 Fly	W	16 & Over
			Victory ceremony	6 50 Fly	W	14-15 years
			7	400 Free	M	Fastest TF
			Victory ceremony	6 50 Fly	W	16 & Over
			8	400 Free	W	Fastest TF
			Victory ceremony	7 400 Free	M	13 & Under
			Victory ceremony	7 400 Free	M	14-15 years
			Victory ceremony	7 400 Free	M	16 & Over
			9	100 IM	M	13 & Under
			Victory ceremony	8 400 Free	W	13 & Under
			Victory ceremony	8 400 Free	W	14-15 years
			Victory ceremony	8 400 Free	W	16 & Over
			9	100 IM	M	14-15 years
			Victory ceremony	9 100 IM	M	13 & Under
			9	100 IM	M	16 & Over
			Victory ceremony	9 100 IM	M	14-15 years
			Victory ceremony	9 100 IM	M	16 & Over
			10	4 X 50 Free Club Relay	W	14 & Under
			11	4 X 50 Free Club Relay	M	14 & Under
			12	4 X 50 Free Club Relay	M	15 & Over
			13	4 X 50 Free Club Relay	W	15 & Over

Note: If more than 8 entries per relay event, relays will be swum as heats and finals

**Victory ceremonies for  
Relay Events 10, 11, 12 & 13 will be  
prior to the finals session at 5.50pm on  
Thursday 22<sup>nd</sup> March 2007**

## Day 2 – Thursday 22nd March 2007

Victory ceremonies for Relay Events 10, 11, 12 & 13 from last night will be prior to the finals session at 5.50pm tonight.

Session 3 – Heats			Session 4 – Finals		
Warm-up 7.30am - 8.45am		Start 9am	Warm-up 4.30pm - 5.45pm		Start 6pm
14	200 IM	M	14	200 IM	M 13 & Under
			14	200 IM	M 14-15 years
15	200 IM	W	Victory ceremony	14 200 IM	M 13 & Under
			14	200 IM	M 16 & Over
16	100 Back	M	Victory ceremony	14 200 IM	M 14-15 years
			15	200 IM	W 13 & Under
17	100 Back	W	Victory ceremony	14 200 IM	M 16 & Over
			15	200 IM	W 14-15 years
18	50 Breast	M	Victory ceremony	15 200 IM	W 13 & Under
			15	200 IM	W 16 & Over
19	50 Breast	W	Victory Ceremony	15 200 IM	W 14-15 years
			16	100 Back	M 13 & Under
20	200 Free	M	Victory ceremony	15 200 IM	W 16 & Over
			16	100 Back	M 14-15 years
21	200 Free	W	Victory ceremony	16 100 Back	M 13 & Under
			16	100 Back	M 16 & Over
22	4 x 50 Free Regional Relay 14 & Under	W	Victory ceremony	16 100 Back	M 14-15 years
			17	100 Back	W 13 & Under
23	4 x 50 Free Regional Relay 14 & Under	M	Victory Ceremony	16 100 Back	M 16 & Over
			17	100 Back	W 14-15 years
24	4 x 50 Free Regional Relay 15 & Over	M	Victory ceremony	17 100 Back	W 13 & Under
			17	100 Back	W 16 & Over
25	4 x 50 Free Regional Relay 15 & Over	W	Victory ceremony	17 100 Back	W 14-15 years
			18	50 Breast	M 13 & Under
			Victory ceremony	17 100 Back	W 16 & Over
			18	50 Breast	M 14-15 years
			Victory ceremony	18 50 Breast	M 13 & Under
			18	50 Breast	M 16 & Over
			Victory ceremony	18 50 Breast	M 14-15 years
			19	50 Breast	W 13 & Under
			Victory ceremony	18 50 Breast	M 16 & Over
			19	50 Breast	W 14-15 years
			Victory ceremony	19 50 Breast	W 13 & Under
			19	50 Breast	W 16 & Over
			Victory ceremony	19 50 Breast	W 14-15 years
			20	200 Free	M 13 & Under
			Victory ceremony	19 50 Breast	W 16 & Over
			20	200 Free	M 14-15 years
			Victory ceremony	20 200 Free	M 13 & Under
			20	200 Free	M 16 & Over
			Victory ceremony	20 200 Free	M 14-15 years
			21	200 Free	W 13 & Under
			Victory ceremony	20 200 Free	M 16 & Over
			21	200 Free	W 14-15 years
			Victory ceremony	21 200 Free	W 13 & Under
			21	200 Free	W 16 & Over
			Victory ceremony	21 200 Free	W 14-15 years
			Victory ceremony	21 200 Free	W 16 & Over
			22	4 X 50 Free Reg Relay	W 14 & Under
			23	4 X 50 Free Reg Relay	M 14 & Under
			24	4 X 50 Free Reg Relay	M 15 & Over
			25	4 X 50 Free Reg Relay	W 15 & Over

Note: If more than 8 entries per relay event, relays will be swum as heats and finals

**Victory ceremonies for  
Relay Events 22, 23, 24 and 25 will be  
prior to the finals session at 5.50pm on  
Friday 23<sup>rd</sup> March 2007**

## Day 3 – Friday 23rd March 2007

Victory ceremonies for Relay Events 22, 23, 24 & 25 from last night will be prior to the finals session at 5.50pm tonight.

Session 5 – Heats			Session 6 – Finals			
Warm-up 7.30am - 8.45am Start 9am			Warm-up 4.30pm - 5.30pm Start 6pm			
26	800 Free (Timed finals)	W	26	800 Free	W	Fastest TF
			27	200 Fly	M	13 & Under
27	200 Fly	M	Victory ceremony	26	800 Free	W 13 & Under
			Victory ceremony	26	800 Free	W 14-15 years
28	200 Fly	W	Victory ceremony	26	800 Free	W 16 & Over
				27	200 Fly	M 14-15 years
29	100 Free	M	Victory ceremony	27	200 Fly	M 13 & Under
				27	200 Fly	M 16 & Over
30	100 Free	W	Victory ceremony	27	200 Fly	M 14-15 years
				28	200 Fly	W 13 & Under
31	50 Back	M	Victory Ceremony	27	200 Fly	M 16 & Over
				28	200 Fly	W 14-15 years
32	50 Back	W	Victory ceremony	28	200 Fly	W 13 & Under
				28	200 Fly	W 16 & Over
33	400 IM (Timed finals)	M	Victory ceremony	28	200 Fly	W 14-15 years
				29	100 Free	M 13 & Under
34	100 IM	W	Victory ceremony	28	200 Fly	W 16 & Over
				29	100 Free	M 14-15 years
35	4 x 50 Medley Club Relay 14 & Under	W	Victory Ceremony	29	100 Free	M 13 & Under
				29	100 Free	M 16 & Over
			Victory ceremony	29	100 Free	M 14-15 years
				30	100 Free	W 13 & Under
			Victory ceremony	29	100 free	M 16 & Over
				30	100 Free	W 14-15 years
			Victory ceremony	30	100 Free	W 13 & Under
				30	100 Free	W 16 & Over
			Victory ceremony	30	100 Free	W 14-15 years
				31	50 Back	M 13 & Under
			Victory ceremony	30	100 Free	W 16 & Over
				31	50 Back	M 14-15 years
			Victory ceremony	31	50 Back	M 13 & Under
				31	50 Back	M 16 & Over
			Victory ceremony	31	50 Back	M 14-15 years
				32	50 Back	W 13 & Under
			Victory ceremony	31	50m Back	M 16 & Over
				32	50 Back	W 14-15 years
			Victory ceremony	32	50 Back	W 13 & Under
				32	50 Back	W 16 & Over
			Victory ceremony	32	50 Back	W 14-15 years
				33	400 IM	M Fastest TF
			Victory ceremony	32	50 Back	W 16 & Over
				34	100 IM	W 13 & Under
			Victory ceremony	33	400 IM	M 13 & Under
			Victory ceremony	33	400 IM	M 14-15 years
			Victory ceremony	33	400 IM	M 16 & Over
				34	100 IM	W 14-15 years
			Victory ceremony	34	100 IM	W 13 & Under
				34	100 IM	W 16 & Over
			Victory ceremony	34	100 IM	W 14-15 years
			Victory ceremony	34	100 IM	W 16 & Over
				35	4 X 50 Med Club Relay	W 14 & Under
				36	4 X 50 Med Club Relay	M 14 & Under
				37	4 X 50 Med Club Relay	M 15 & Over
				38	4 X 50 Med Club Relay	W 15 & Over

Note: If more than 8 entries per relay event, relays will be swum as heats and finals

Victory ceremonies for Relay Events 35, 36, 37 & 38 will be prior to the finals session at 5.50pm on Saturday 24<sup>th</sup> March 2007

### Day 4 – Saturday 24th March 2007

Victory ceremonies for Relay Event 35, 36, 37 & 38 from last night will be prior to the finals session at 5.50pm tonight.

Session 7 – Heats			Session 8 – Finals			
Warm-up 7.30am - 8.45am		Start 9am	Warm-up 4.30pm - 5.30pm		Start 6pm	
39	1500 Free (Timed finals)	M	39	1500 Free	M Fastest TF	
40	100 Fly	W	40	100 Fly	W 13 & Under	
41	200 Breast	M	Victory ceremony	39	1500 Free	M 13 & Under
			Victory ceremony	39	1500 Free	M 14-15 years
41	200 Breast	M	Victory ceremony	39	1500 Free	M 16 & Over
			40	100 Fly	W 14-15 years	
42	200 Breast	W	Victory ceremony	40	100 Fly	W 13 & Under
			40	100 Fly	W 16 & Over	
43	100 Fly	M	Victory ceremony	40	100 Fly	W 14-15 years
			41	200 Breast	M 13 & Under	
44	50 Free	W	Victory Ceremony	40	100 Fly	W 16 & Over
			41	200 Breast	M 14-15 years	
45	50 Free	M	Victory ceremony	41	200 Breast	M 13 & Under
			41	200 Breast	M 16 & Over	
46	400 IM (Timed finals)	W	Victory ceremony	41	200 Breast	M 14-15 years
			42	200 Breast	W 13 & Under	
47	4 x 50 Medley Regional Relay 14 & Under	M	Victory ceremony	41	200 Breast	M 16 & Over
			42	200 Breast	W 14-15 years	
48	4 x 50 Medley Regional Relay 14 & Under	W	Victory Ceremony	42	200 Breast	W 13 & Under
			42	200 Breast	W 16 & Over	
49	4 x 50 Medley Regional Relay 15 & Under	M	Victory ceremony	42	200 Breast	W 14-15 years
			43	100 Fly	M 13 & Under	
50	4 x 50 Medley Regional Relay 15 & Under	W	Victory ceremony	42	200 Breast	W 16 & Over
			43	100 Fly	M 14-15 years	
Note: If more than 8 entries per relay event, relays will be swum as heats and finals			Victory ceremony	43	100 Fly	M 13 & Under
			43	100 Fly	M 16 & Over	
			Victory ceremony	43	100 Fly	M 14-15 years
			44	50 Free	W 13 & Under	
			Victory ceremony	43	100 Fly	M 16 & Over
			44	50 Free	W 14-15 years	
			Victory ceremony	44	50 Free	W 13 & Under
			44	50 Free	W 16 & Over	
			Victory ceremony	44	50 Free	W 14-15 years
			45	50 Free	M 13 & Under	
			Victory ceremony	44	50 Free	W 16 & Over
			45	50 Free	M 14-15 years	
			Victory ceremony	45	50 Free	M 13 & Under
			45	50 Free	M 16 & Over	
			Victory ceremony	45	50 Free	M 14-15 years
			46	400 IM	W Fastest TF	
			Victory ceremony	45	50 Free	M 16 & Over
			Victory ceremony	46	400 IM	W 13 & Under
			Victory ceremony	46	400 IM	W 14-15 years
			Victory ceremony	46	400 IM	W 16 & Over
			47	4 X 50 Med Reg Relay	M 14 & Under	
			48	4 X 50 Med Reg Relay	W 14 & Under	
			49	4 X 50 Med Reg Relay	M 15 & Over	
			50	4 X 50 Med Reg Relay	W 15 & Over	

Victory ceremonies for Relay Events 47, 48, 49 and 50 will be after the relays on Saturday 24<sup>th</sup> March 2007