



Official Programme

Order of Events and Medal Ceremony Timetable

Day 1 – Monday 21 June 2010

**Open Water
5K**

**Start Time TBA
(tide dependent)**

**Venue: Faleasiu Open Water
Course**

Order of Events and Medal Ceremony Timetable

Day 2 – Tuesday 22 June 2010

Session 1 – Heats		
Warm-up 8.15am – 9.45am Start 10.00am		
1	50m Butterfly	M
2	50m Butterfly	W
3	200m Freestyle	M
4	200m Freestyle	W
5	100m Backstroke	M
6	100m Backstroke	W
7	200m Butterfly	M
8	200m Butterfly	W
9	1500m Freestyle	M

Session 2 – Finals		
Warm-up 4.45pm – 6.00pm Start 6.30pm		
1	50m Butterfly	M
2	50m Butterfly	W
Medal Ceremony		50m Butterfly M
3	200m Freestyle	M
Medal Ceremony		50m Butterfly W
4	200m Freestyle	W
Medal Ceremony		200m Freestyle M
5	100m Backstroke	M
Medal Ceremony		200m Freestyle W
6	100m Backstroke	W
Medal Ceremony		100m Backstroke M
7	200m Butterfly	M
Medal Ceremony		100m Backstroke W
8	200m Butterfly	W
Medal Ceremony		200m Butterfly M
9	1500m Freestyle	M
Medal Ceremony		200m Butterfly W
Medal Ceremony		1500m Freestyle M

Synchronised Swimming

Start 12:00noon
End 5:00 pm

Order of Events and Medal Ceremony Timetable

Day 3 - Wednesday 23 June 2010

Session 3 – Heats		
Warm-up 8.15am – 9.45am Start 10.00am		
10	50m Backstroke	W
11	50m Backstroke	M
12	100m Freestyle	W
13	100m Freestyle	M
14	100m Breaststroke	W
15	100m Breaststroke	M
16	400m IM	W
17	400m IM	M

Session 4 – Finals		
Warm-up 4.45pm – 6.00pm Start 6.30pm		
10	50m Backstroke	W
11	50m Backstroke	M
Medal Ceremony	50m Backstroke	W
12	100m Freestyle	W
Medal Ceremony	50m Backstroke	M
13	100m Freestyle	M
Medal Ceremony	100m Freestyle	W
14	100m Breaststroke	W
Medal Ceremony	100m Freestyle	M
15	100m Breaststroke	M
Medal Ceremony	100m Breaststroke	W
16	400m IM	W
Medal Ceremony	100m Breaststroke	M
17	400m IM	M
Medal Ceremony	400m IM	W
18	4 X 200m Freestyle Relay	W
19	4 x 200m Freestyle Relay	M
Medal Ceremony	400m IM	M
	4 x 200m Free Relay	W
	4 X 200m Free Relay	M

Synchronised Swimming

Start 12:00noon
End 5:00 pm

Order of Events and Medal Ceremony Timetable

Day 4 – Thursday 24 June 2010

**Open Water
10K**

**Start Time TBA
(tide dependent)**

**Venue: Faleasiu Open Water
Course**

Order of Events and Medal Ceremony Timetable

Day 5 – Friday 25 June 2010

Session 5 – Heats		
Warm-up 8.15am – 9.45am Start 10.00am		
20	50m Breaststroke	W
21	50m Breaststroke	M
22	400m Freestyle	W
23	400m Freestyle	M
24	100m Butterfly	W
25	100m Butterfly	M
26	200m Backstroke	W
27	200m Backstroke	M

<p>Synchronised Swimming</p> <p>Start 12:00noon End 5:00 pm</p>
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Session 6 – Finals		
Warm-up 4.45pm – 6.00pm Start 6.30pm		
20	50m Breaststroke	W
21	50m Breaststroke	M
Medal Ceremony	50m Breaststroke	W
22	400m Freestyle	W
Medal Ceremony	50m Breaststroke	M
23	400m Freestyle	M
Medal Ceremony	400m Freestyle	W
24	100m Butterfly	W
Medal Ceremony	400m Freestyle	M
25	100m Butterfly	M
Medal Ceremony	100m Butterfly	W
26	200m Backstroke	W
Medal Ceremony	100m Butterfly	M
27	200m Backstroke	M
Medal Ceremony	200m Backstroke	W
28	4 X 100m Freestyle Relay	W
29	4 x 100m Freestyle Relay	M
Medal Ceremony	200m Backstroke	M
	4 x 100m Free Relay	W
	4 X 100m Free Relay	M

Order of Events and Medal Ceremony Timetable

Day 6 – Saturday 26 June 2010

Session 7 – Heats		
Warm-up 8.15am – 9.45am Start 10.00am		
30	800m Freestyle	W
31	200m IM	M
32	200m IM	W
33	50m Freestyle	M
34	50m Freestyle	W
35	200m Breaststroke	M
36	200m Breaststroke	W

Session 8 – Finals		
Warm-up 4.45pm – 6.00pm Start 6.30pm		
30	800m Freestyle	W
31	200m IM	M
Medal Ceremony	800m Freestyle	W
32	200m IM	W
Medal Ceremony	200m IM	M
33	50 Freestyle	M
Medal Ceremony	200m IM	W
34	50m Freestyle	W
Medal Ceremony	50m Freestyle	M
35	200m Breaststroke	M
Medal Ceremony	50m Freestyle	W
36	200m Breaststroke	W
Medal Ceremony	200m Breaststroke	M
37	4 X100m Medley Relay	M
38	4 x 100m Medley Relay	W
Medal Ceremony	200m Breaststroke	W
	4 X 100m Medley Relay	M
	4 X 100m Medley Relay	W

Synchronised Swimming

Start 12:00noon

End 5:00 pm