

## Day 1 – Tuesday 3rd March 2009

Session 1 – Heats			Session 2 – Finals			
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.30pm Start 6pm			
1	400 Free inc AWD	W	1	400 Free	W	13 years
101			1	400 Free	W	14 years
2	200 IM inc AWD	M	Victory ceremony	1	400 Free	W 13 years
102			1	400 Free	W	15 years
3	50 Breast inc AWD	W	Victory ceremony	1	400 Free	W 14 years
103			1	400 Free	W	16 years
4	50 Back inc AWD	M	Victory ceremony	1	400 Free	W 15 years
104			1	400 Free	W	17-18 years
5	200 Back	W	Victory ceremony	1	400 Free	W 16 years
			101	400 Free AWD	W	AWD
6	200 Fly	M	Victory ceremony	1	400 Free	W 17-18 years
			2	200 IM	M	13 years
7	4 x 50m Free Club Relay	W 15 & U	Victory ceremony	101	400 Free AWD	W AWD
			2	200 IM	M	14 years
8	4 x 50m Free Club Relay	M 15 & U	Victory Ceremony	2	200 IM	M 13 years
			2	200 IM	M	15 years
9	4 x 50m Free Club Relay	W 16 & O	Victory ceremony	2	200 IM	M 14 years
			2	200 IM	M	16 years
10	4 x 50m Free Club Relay	M 16 & O	Victory ceremony	2	200 IM	M 15 years
			2	200 IM	M	17-18 years
			Victory ceremony	2	200 IM	M 16 years
			102	200 IM AWD	M	AWD
			Victory ceremony	2	200 IM	M 17-18 years
			3	50 Breast	W	13 years
			Victory Ceremony	102	200 IM AWD	M AWD
			3	50 Breast	W	14 years
			Victory ceremony	3	50 Breast	W 13 years
			3	50 Breast	W	15 years
			Victory Ceremony	3	50 Breast	W 14 years
			3	50 Breast	W	16 years
			Victory ceremony	3	50 Breast	W 15 years
			3	50 Breast	W	17-18 years
			Victory ceremony	3	50 Breast	W 16 years
			4	50 Back	M	13 years
			Victory ceremony	3	50 Breast	W 17-18 years
			4	50 Back	M	14 years
			Victory ceremony	4	50 Back	M 13 years
			4	50 Back	M	15 years
			Victory ceremony	4	50 Back	M 14 years
			4	50 Back	M	16 years
			Victory ceremony	4	50 Back	M 15 years
			4	50 Back	M	17-18 years
			Victory ceremony	4	50 Back	M 16 years
			5	200 Back	W	13 years
			Victory ceremony	4	50 Back	M 17-18 years
			5	200 Back	W	14 years
			Victory ceremony	5	200 Back	W 13 years
			5	200 Back	W	15 years
			Victory ceremony	5	200 Back	W 14 years
			5	200 Back	W	16 years
			Victory ceremony	5	200 Back	W 15 years
			5	200 Back	W	17-18 years
			Victory ceremony	5	200 Back	W 16 years
			6	200 Fly	M	13 years
			Victory ceremony	5	200 Back	W 17-18 years
			6	200 Fly	M	14 years
			Victory ceremony	6	200 Fly	M 13 years
			6	200 Fly	M	15 years
			Victory ceremony	6	200 Fly	M 14 years
			6	200 Fly	M	16 years
			Victory ceremony	6	200 Fly	M 15 years
			6	200 Fly	M	17-18 years
			Victory ceremony	6	200 Fly	M 16 years
			Victory ceremony	6	200 Fly	M 17-18 years
			7	4 X 50 Free Relay Club	W	15 & Under
			8	4 X 50 Free Relay Club	M	15 & Under
			9	4 X 50 Free Relay Club	W	16 & Over
			10	4 X 50 Free Relay Club	M	16 & Over

**Victory ceremonies for Relay Events 7-10 will be prior to the finals session at 5.40pm on Wednesday 4th March**

## Day 2 – Wednesday 4<sup>th</sup> March 2009

Victory ceremonies for Relay Events 7-10 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 3 – Heats			Session 4 – Finals		
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.45pm Start 6pm		
11	400 IM	W	11	400 IM	W 13 years
			11	400 IM	W 14 years
12	400 Free incl AWD	M	Victory ceremony	11 400 IM	W 13 years
112			11	400 IM	W 15 years
13	50 Fly incl AWD	W	Victory ceremony	11 400 IM	W 14 years
113			11	400 IM	W 16 years
14	50 Breast incl AWD	M	Victory ceremony	11 400 IM	W 16 years
114			11	400 IM	W 17-18 years
15	100 Free incl AWD	W	Victory ceremony	11 400 IM	W 17-18 years
115			12	400 Free	M 13 years
16	200 Back	M	Victory ceremony	11 400 IM	W 15 years
			12	400 Free	M 14 years
117	150 IM AWD	M	Victory ceremony	12 400 Free	M 13 years
			12	400 Free	M 15 years
18	4 x 50m Free	W	Victory Ceremony	12 400 Free	M 14 years
	Regional Relay	15 & U	12	400 Free	M 16 years
19	4 x 50m Free	M	Victory Ceremony	12 400 Free	M 15 years
	Regional Relay	15 & U	12	400 Free	M 17-18 years
20	4 x 50m Free	W	Victory Ceremony	12 400 Free	M 16 years
	Regional Relay	16 & O	112	400 Free AWD	M AWD
21	4 x 50m Free	M	Victory Ceremony	12 400 Free	M 17-18 years
	Regional Relay	16 & O	13	50 Fly	W 13 years
			Victory ceremony	112 400 Free AWD	M AWD
			13	50 Fly	W 14 years
			Victory ceremony	13 50 Fly	W 13 years
			13	50 Fly	W 15 years
			Victory Ceremony	13 50 Fly	W 14 years
			13	50 Fly	W 16 years
			Victory Ceremony	13 50 Fly	W 15 years
			13	50 Fly	W 17-18 years
			Victory Ceremony	13 50 Fly	W 16 years
			113	50 Fly	W 16 years
			Victory Ceremony	13 50 Fly	W 17-18 years
			14	50 Breast	M 13 years
			Victory Ceremony	113 50 Fly AWD	W AWD
			14	50 Breast	M 14 years
			Victory ceremony	14 50 Breast	M 13 years
			14	50 Breast	M 15 years
			Victory ceremony	14 50 Breast	M 14 years
			14	50 Breast	M 16 years
			Victory ceremony	14 50 Breast	M 15 years
			14	50 Breast	M 17-18 years
			Victory ceremony	14 50 Breast	M 16 years
			114	50 Breast AWD	M AWD
			Victory ceremony	14 50 Breast	M 17-18 years
			15	100 Free	W 13 years
			Victory ceremony	114 50 Breast AWD	M AWD
			15	100 Free	W 14 years
			Victory ceremony	15 100 Free	W 13 years
			15	100 Free	W 15 years
			Victory ceremony	15 100 Free	W 14 years
			15	100 Free	W 16 years
			Victory ceremony	15 100 Free	W 15 years
			15	100 Free	W 17-18 years
			Victory ceremony	15 100 Free	W 16 years
			115	100 Free AWD	W AWD
			Victory ceremony	15 100 Free	W 17-18 years
			16	200 Back	M 13 years
			Victory ceremony	115 100 Free AWD	W AWD
			16	200 Back	M 14 years
			Victory ceremony	16 200 Back	M 13 years
			16	200 Back	M 15 years
			Victory ceremony	16 200 Back	M 14 years
			16	200 Back	M 16 years
			Victory ceremony	16 200 Back	M 15 years
			16	200 Back	M 17-18 years
			Victory ceremony	16 200 Back	M 16 years
			117	150 IM AWD	M AWD
			Victory ceremony	16 200 Back	M 17-18 years
			Victory ceremony	117 150 IM	M AWD
			18	4 X 50 Free Relay Region	W 15 & Under
			19	4 X 50 Free Relay Region	M 15 & Under
			20	4 X 50 Free Relay Region	W 16 & Over
			21	4 X 50 Free Relay Region	M 16 & Over

Victory ceremonies for Relay Events 18-21 will be prior to the finals session at 5.40pm on Thursday 5th March

## Day 3 – Thursday 5<sup>th</sup> March 2009

Victory ceremonies for Relay Events 18-21 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 5 – Heats			Session 6 – Finals			
Warm-up 7.15am - 8.45am		Start 9am	Warm-up 4.15pm - 5.45pm		Start 6pm	
22	200 Free incl AWD	W	22	200 Free	W	13 years
122			22	200 Free	W	14 years
23	400 IM	M	Victory ceremony	22	200 Free	W 13 years
				22	200 Free	W 15 years
24	100 Back incl AWD	W	Victory ceremony	22	200 Free	W 14 years
124				22	200 Free	W 16 years
25	50 Fly incl AWD	M	Victory ceremony	22	200 Free	W 15 years
125				22	200 Free	W 17-18 years
26	200 Breast	W	Victory ceremony	22	200 Free	W 16 years
				122	200 Free AWD	W AWD
27	100 Free incl AWD	M	Victory ceremony	22	200 Free	W 17-18 years
127				23	400 IM	M 13 years
29	4 x 50m Medley Club Relay	W 15 & U	Victory ceremony	122	200 Free AWD	W AWD
				23	400 IM	M 14 years
30	4 x 50m Medley Club Relay	M 15 & U	Victory ceremony	23	400 IM	M 13 years
				23	400 IM	M 15 years
31	4 x 50m Medley Club Relay	W 16 & O	Victory Ceremony	23	400 IM	M 14 years
				23	400 IM	M 16 years
32	4 x 50m Medley Club Relay	M 16 & O	Victory ceremony	23	400 IM	M 15 years
				23	400 IM	M 17-18 years
			Victory ceremony	23	400 IM	M 16 years
				24	100 Back	M 13 years
			Victory ceremony	23	400 IM	M 17-18 years
				24	100 Back	W 14 years
			Victory ceremony	24	100 Back	W 13 years
				24	100 Back	W 15 years
			Victory ceremony	24	100 Back	W 14 years
				24	100 Back	W 16 years
			Victory Ceremony	24	100 Back	W 15 years
				24	100 Back	W 17-18 years
			Victory Ceremony	24	100 Back	W 16 years
				124	100 Back AWD	W AWD
			Victory Ceremony	24	100 Back	W 17-18 years
				25	50 Fly	M 13 years
			Victory ceremony	124	100 Back	W AWD
				25	50 Fly	M 14 years
			Victory ceremony	25	50 Fly	M 13 years
				25	50 Fly	M 15 years
			Victory ceremony	25	50 Fly	M 14 years
				25	50 Fly	M 16 years
			Victory ceremony	25	50 Fly	M 15 years
				25	50 Fly	M 17-18 years
			Victory ceremony	25	50 Fly	M 16 years
				125	50 Fly AWD	W AWD
			Victory ceremony	25	50 Fly	M 17-18 years
				26	200 Breast	W 13 years
			Victory ceremony	125	50 Fly AWD	M AWD
				26	200 Breast	W 14 years
			Victory ceremony	26	200 Breast	W 13 years
				26	200 Breast	W 15 years
			Victory ceremony	26	200 Breast	W 14 years
				26	200 Breast	W 16 years
			Victory ceremony	26	200 Breast	W 15 years
				26	200 Breast	W 17-18 years
			Victory ceremony	26	200 Breast	W 16 years
				27	100 Free	M 13 years
			Victory ceremony	26	200 Breast	W 17-18 years
				27	100 Free	M 14 years
			Victory ceremony	27	100 Free	M 13 years
				27	100 Free	M 15 years
			Victory ceremony	27	100 Free	M 14 years
				27	100 Free	M 16 years
			Victory ceremony	27	100 Free	M 15 years
				27	100 Free	M 17-18 years
			Victory ceremony	27	100 Free	M 16 years
				127	100 Free AWD	AWD
			Victory ceremony	27	100 Free	M 17-18 years
			Victory ceremony	127	100 Free AWD	M AWD
				29	4 X 50 Med Relay Club	W 15 & Under
				30	4 X 50 Med Relay Club	M 15 & Under
				31	4 X 50 Med Relay Club	W 16 & Over
				32	4 X 50 Med Relay Club	M 16 & Over

Victory ceremonies for Relay Events 29-32 will be prior to the finals session at 5.40pm on Friday 6<sup>th</sup> March

**Day 4 – Friday 6<sup>th</sup> March 2009**

Victory ceremonies for Relay Events 29-32 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 7 – Heats			Session 8 – Finals			
Warm-up 7.15am - 8.45am		Start 9am	Warm-up 4.15pm - 5.45pm		Start 6pm	
33	800 Free	W	33	800 Free	W	Fastest TF
	(Timed finals)		34	200 Free	M	13 years
34	200 Free incl AWD	M	Victory ceremony	33	800 Free	W 13 years
134			Victory ceremony	33	800 Free	W 14 years
35	100 Breast incl AWD	W	Victory ceremony	33	800 Free	W 15 years
135			Victory ceremony	33	800 Free	W 16 years
36	100 Back incl AWD	M	Victory ceremony	33	800 Free	W 17-18 years
136			34	200 Free	M	14 years
37	50 Back incl AWD	W	Victory ceremony	34	200 Free	M 13 years
137			34	200 Free	M	15 years
38	200 Breast	M	Victory ceremony	34	200 Free	M 14 years
			34	200 Free	M	16 years
39	100 Fly incl AWD	W	Victory Ceremony	34	200 Free	M 15 years
139			34	200 Free	M	17-18 years
40	4 x 50m Medley	M	Victory Ceremony	34	200 Free	M 16 years
	Regional Relay	15 & U	134	200 Free AWD	M	AWD
41	4 x 50m Medley	W	Victory Ceremony	34	200 Free	M 17-18 years
	Regional Relay	15 & U	35	100 Breast	W	13 years
42	4 x 50m Medley	M	Victory ceremony	134	200 Free AWD	M AWD
	Regional Relay	16 & O	35	100 Breast	W	14 years
43	4 x 50m Medley	W	Victory ceremony	35	100 Breast	W 13 years
	Regional Relay	16 & O	35	100 Breast	W	15 years
			Victory ceremony	35	100 Breast	W 14 years
			35	100 Breast	W	16 years
			Victory Ceremony	35	100 Breast	W 15 years
			35	100 Breast	W	17-18 years
			Victory Ceremony	35	100 Breast	W 16 years
			135	100 Breast AWD	W	AWD
			Victory Ceremony	35	100 Breast	W 17-18 years
			36	100 Back	M	13 years
			Victory ceremony	135	100 Breast AWD	W AWD
			36	100 Back	M	14 years
			Victory ceremony	36	100 Back	M 13 years
			36	100 Back	M	15 years
			Victory ceremony	36	100 Back	M 14 years
			36	100 Back	M	16 years
			Victory ceremony	36	100 Back	M 15 years
			36	100 Back	M	17-18 years
			Victory ceremony	36	100 Back	M 16 years
			136	100 Back AWD	M	AWD
			Victory ceremony	36	100 Back	M 17-18 years
			37	50 Back	W	13 years
			Victory ceremony	136	100 Back AWD	M AWD
			37	50 Back	W	14 years
			Victory ceremony	37	50 Back	W 13 years
			37	50 Back	W	15 years
			Victory ceremony	37	50 Back	W 14 years
			37	50 Back	W	16 years
			Victory ceremony	37	50 Back	W 15 years
			37	50 Back	W	17-18 years
			Victory ceremony	37	50 Back	W 16 years
			137	50 Back AWD	W	AWD
			Victory ceremony	37	50 Back	W 17-18 years
			38	200 Breast	M	13 years
			Victory ceremony	137	50 Back AWD	W AWD
			38	200 Breast	M	14 years
			Victory ceremony	38	200 Breast	M 13 years
			38	200 Breast	M	15 years
			Victory ceremony	38	200 Breast	M 14 years
			38	200 Breast	M	16 years
			Victory ceremony	38	200 Breast	M 15 years
			38	200 Breast	M	17-18 years
			Victory ceremony	38	200 Breast	M 16 years
			39	100 Fly	W	13 years
			Victory ceremony	38	200 Breast	M 17-18 years
			39	100 Fly	W	14 years
			Victory ceremony	39	100 Fly	W 13 years
			39	100 Fly	W	15 years
			Victory ceremony	39	100 Fly	W 14 years
			39	100 Fly	W	16 years
			Victory ceremony	39	100 Fly	W 15 years
			39	100 Fly	W	17-18 years
			Victory ceremony	39	100 Fly	W 16 years
			139	100 Fly AWD	W	AWD
			Victory ceremony	39	100 Fly	W 17-18 years
			Victory ceremony	139	100 Fly AWD	W AWD
			40	4 X 50 Med Relay Region	M	15 & Under
			41	4 X 50 Med Relay Region	W	15 & Under
			42	4 X 50 Med Relay Region	M	16 & Over
			43	4 X 50 Med Relay Region	W	16 & Over

Victory ceremonies for Relay Events 40-43 will be prior to the finals session at 5.40pm on Saturday 7th March

**Day 5 – Saturday 7<sup>th</sup> March 2009**

Victory ceremonies for Relay Events 40-43 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 9 – Heats			Session 10 – Finals			
Warm-up 7.15am - 8.45am Start 9am			Warm-up 4.15pm - 5.45pm Start 6pm			
44	1500 Free (Timed finals)	M	44	1500 Free	M	Fastest TF
			45	200 Fly	W	13 years
45	200 Fly	W	Victory ceremony	44	1500 Free	M 13 years
			Victory ceremony	44	1500 Free	M 14 years
46	100 Breast incl AWD	M	Victory ceremony	44	1500 Free	M 15 years
146			Victory ceremony	44	1500 Free	M 16 years
47	50 Free incl AWD	W	Victory ceremony	44	1500 Free	M 17-18 years
147			45	200 Fly	W	14 years
48	50 Free incl AWD	M	Victory ceremony	45	200 Fly	W 13 years
148			45	200 Fly	W	15 years
49	200 IM incl AWD	W	Victory ceremony	45	200 Fly	W 14 years
149			45	200 Fly	W	16 years
50	100 Fly incl AWD	M	Victory Ceremony	45	200 Fly	M 15 years
150			45	200 Fly	W	17-18 years
			Victory Ceremony	45	200 Fly	M 16 years
			46	100 Breast	M	13 years
			Victory Ceremony	45	200 Fly	M 17-18 years
			46	100 Breast	M	14 years
			Victory ceremony	46	100 Breast	M 13 years
			46	100 Breast	M	15 years
			Victory ceremony	46	100 Breast	M 14 years
			46	100 Breast	M	16 years
			Victory ceremony	46	100 Breast	M 15 years
			46	100 Breast	M	17-18 years
			Victory ceremony	46	100 Breast	M 16 years
			146	100 Breast AWD	M	AWD
			Victory ceremony	46	100 Breast	M 17-18 years
			47	50 Free	W	13 years
			Victory Ceremony	146	100 Breast AWD	W AWD
			47	50 Free	W	14 years
			Victory ceremony	47	50 Free	W 13 years
			47	50 Free	W	15 years
			Victory ceremony	47	50 Free	W 14 years
			47	50 Free	W	16 years
			Victory ceremony	47	50 Free	W 15 years
			47	50 Free	W	17-18 years
			Victory ceremony	47	50 Free	W 16 years
			147	50 Free AWD	W	AWD
			Victory ceremony	47	50 Free	W 17-18 years
			48	50 Free	M	13 years
			Victory ceremony	147	50 Free AWD	W AWD
			48	50 Free	M	14 years
			Victory ceremony	48	50 Free	M 13 years
			48	50 Free	M	15 years
			Victory ceremony	48	50 Free	M 14 years
			48	50 Free	M	16 years
			Victory ceremony	48	50 Free	M 15 years
			48	50 Free	M	17-18 years
			Victory ceremony	48	50 Free	M 16 years
			148	50 Free AWD	M	AWD
			Victory ceremony	48	50 Free	M 17-18 years
			49	200 IM	W	13 years
			Victory ceremony	148	50 Free AWD	M AWD
			49	200 IM	W	14 years
			Victory ceremony	49	200 IM	W 13 years
			49	200 IM	W	15 years
			Victory ceremony	49	200 IM	W 14 years
			49	200 IM	W	16 years
			Victory ceremony	49	200 IM	W 15 years
			49	200 IM	W	17-18 years
			Victory ceremony	49	200 IM	W 16 years
			149	200 IM AWD	W	AWD
			Victory ceremony	49	200 IM	W 17-18 years
			50	100 Fly	M	13 years
			Victory ceremony	149	200 IM AWD	W AWD
			50	100 Fly	M	14 years
			Victory ceremony	50	100 Fly	M 13 years
			50	100 Fly	M	15 years
			Victory ceremony	50	100 Fly	M 14 years
			50	100 Fly	M	16 years
			Victory ceremony	50	100 Fly	M 15 years
			50	100 Fly	M	17-18 years
			Victory ceremony	50	100 Fly	M 16 years
			150	100 Fly AWD	M	AWD
			Victory ceremony	50	100 Fly	M 17-18 years
			Victory ceremony	150	100 Fly AWD	M AWD