

## Day 1 – Thursday 11th December 2008

Session 1 – Heats			Session 2 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.30pm		Start 6pm
1	400 Free	M	1	400 Free	M
2	50 Fly	W	2	50 Fly	W
3	200 Fly	M	Victory ceremony 1	400 Free	M
4	100 Breast	W	3	200 Fly	M
5	50 Breast	M	Victory ceremony 2	50 Fly	W
6	100 Free	W	4	100 Breast	W
7	100 Free	M	Victory ceremony 3	200 Free	M
8	400 IM (Timed finals)	W	5	50 Breast	M
9	100 IM	M	Victory ceremony 4	100 Breast	W
10	200 Back	W	6	100 Free	W
11	50 Back	M	Victory Ceremony 5	50 Breast	M
12	800 Free (Timed finals)	W	7	100 Free	M
			Victory ceremony 6	100 Free	W
			8	400 IM - fastest TF	W
			Victory ceremony 7	100 Free	M
			9	100 IM	M
			Victory ceremony 8	400 IM	W
			10	200 Back	W
			Victory Ceremony 9	100 IM	M
			11	50 Back	M
			Victory ceremony 10	200 Back	W
			12	800 Free - fastest TF	W
			Victory ceremony 11	50 Back	M
			13	4 x 200 Free Relay (TF)	M
			14	4 x 100m Medley Relay (TF)	W
			Victory ceremony 12	800 Free	W

Victory ceremonies for Relay Events 13 & 14 will be prior to the finals session at 5.40pm on Friday 12th December.

## Day 2 – Friday 12th December 2008

Victory ceremonies for Relay Events 13-14 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 3 – Heats			Session 4 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
15	400 Free	W	15	400 Free	W
16	50 Fly	M	16	50 Fly	M
17	100 Fly	W	Victory ceremony 15	400 Free	W
18	200 Back	M	17	100 Fly	W
19	100 Back	W	Victory ceremony 16	50 Fly	M
20	100 Breast	M	18	200 Back	M
21	200 Breast	W	Victory ceremony 17	100 Fly	W
22	200 Free	M	19	100 Back	W
23	50 Free	W	Victory ceremony 18	200 Back	M
24	200 IM	M	20	100 Breast	M
25	100 IM	W	Victory Ceremony 19	100 Back	W
			21	200 Breast	W
			Victory ceremony 20	100 Breast	M
			22	200 Free	M
			Victory ceremony 21	200 Breast	W
			23	50 Free	W
			Victory ceremony 22	200 Free	M
			24	200 IM	M
			Victory Ceremony 23	50 Free	W
			25	100 IM	W
			Victory ceremony 24	200 IM	M
			26	4 x 100 Medley Relay (TF)	M
			27	4 x 100 Free Relay (TF)	W
			Victory ceremony 2	100 IM	W

Victory ceremonies for Relay Events 26 & 27 will  
be prior to the finals session at 5.40pm on  
Saturday 13th December.

## Day 3 – Saturday 13th December 2008

Victory ceremonies for Relay Events 26-27 from last night  
will be prior to the finals session at 5.40pm tonight.

Session 5 – Heats			Session 6 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
28	200 Fly	W	28	200 Fly	W
			29	100 Fly	M
29	100 Fly	M	Victory ceremony	28	200 Fly
			30	50 Breast	W
30	50 Breast	W	Victory ceremony	29	100 Fly
			31	200 Breast	M
31	200 Breast	M	Victory ceremony	30	50 Breast
			32	200 Free	W
32	200 Free	W	Victory ceremony	31	200 Breast
			33	50 Free	M
33	50 Free	M	Victory Ceremony	32	200 Free
			34	200 IM	W
34	200 IM	W	Victory ceremony	33	50 Free
			35	400 IM - fastest TF	M
35	400 IM (Timed finals)	M	Victory ceremony	34	200 IM
			36	50 Back	W
36	50 Back	W	Victory ceremony	35	400 IM
			37	100 Back	M
37	100 Back	M	Victory ceremony	36	50 Back
			38	1500 Free - fastest TF	M
38	1500 Free (Timed finals)	M	Victory ceremony	37	100 Back
			39	4 x 200 Free Relay (TF)	W
			40	4 x 100 Free Relay (TF)	M
			Victory ceremony	38	1500 Free
			Victory ceremony	39	4 x 200 Free Relay
			Victory ceremony	40	4 x 100 Free Relay