

Day 1 – Tuesday 2 March 2010

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	W		Victory ceremony	1 400 Free	W	14 years
				1	400 Free	W	16 years
4	50 Back	M		Victory ceremony	1 400 Free	W	15 years
				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	W	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 3 March

Day 2 – Wednesday 3 March 2010

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	W	Victory ceremony	11 400 IM	W 14 years
			11	400 IM	W 16 years
14	50 Breast	M	Victory ceremony	11 400 IM	W 16 years
			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 Regional Relay	W 15 & U	Victory Ceremony	12 400 Free	M 14 years
			12	400 Free	M 16 years
19	4 x 50m Regional	M 15 & U	Victory Ceremony	12 400 Free	M 15 years
			12	400 Free	M 17-18 years
21	4 x 50m Regional	M 16 & O	Victory Ceremony	12 400 Free	M 16 years
			112	400 Free AWD	M AWD
			Victory Ceremony	12 400 Free	M 17-18 years
			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
			14	50 Breast	M 13 years
			Victory Ceremony	13 50 Fly	W 17-18 years
			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
			15	100 Free	W 13 years
			Victory ceremony	14 50 Breast	M 17-18 years
			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 AWD	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 4 March

Day 3 – Thursday 4 March 2010

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	W	22	200 Free	W 13 years
			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 inc 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
			23	400 IM	M 13 years
27	100 Free incl AWD	M	Victory ceremony	22 200 Free	W 17-18 years
127			23	400 IM	M 14 years
29	4 x 50m Medley Club Relay	W 15 & U	Victory ceremony	23 400 IM	M 13 years
			23	400 IM	M 15 years
30	4 x 50m Medley Club Relay	M 15 & U	Victory Ceremony	23 400 IM	M 14 years
			23	400 IM	M 16 years
31	4 x 50m Medley Club Relay	W 16 & O	Victory ceremony	23 400 IM	M 15 years
			23	400 IM	M 17-18 years
32	4 x 50m Medley Club Relay	M 16 & O	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	M 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 5 March

Day 4 – Friday 5 March 2010

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	W		Victory ceremony	34	200 Free	M 13 years
				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
				Victory ceremony	35	100 Breast	W 13 years
				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
				38	200 Breast	M	13 years
				Victory ceremony	37	50 Back	W 17-18 years
				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 6 March

Day 5 – Saturday 6 March 2010

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	45	200 Fly	W	13 years
46	100 Breast	M	Victory ceremony 44	1500 Free	M	13 years
47	50 Free incl AWD	W	Victory ceremony 44	1500 Free	M	14 years
147	50 Free incl AWD	M	Victory ceremony 44	1500 Free	M	15 years
48	50 Free incl AWD	M	Victory ceremony 44	1500 Free	M	16 years
148	50 Free incl AWD	M	Victory ceremony 44	1500 Free	M	17-18 years
49	200 IM incl AWD	W	45	200 Fly	W	14 years
149	200 IM incl AWD	W	Victory ceremony 45	200 Fly	W	14 years
50	100 Fly incl AWD	M	45	200 Fly	W	16 years
150	100 Fly incl AWD	M	Victory Ceremony 45	200 Fly	M	15 years
			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
			47	50 Free	W	13 years
			Victory ceremony 46	100 Breast	M	17-18 years
			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