

## Day 1 - Monday 5th April 2010

Session 1 – Heats			Session 2 – Finals		
Warm-up 8.00am - 9.45am Start 10am			Warm-up 4.00pm - 5.30pm Start 6pm		
1	200 Free	W	1	200 Free	W
2	50 Back	M	2	50 Back	M
3	50 Fly	W	Victory ceremony 1	200 Free	W
4	400 Free	M	3	50 Fly	W
5	200 IM	W	Victory ceremony 2	50 Back	M
6	200 Fly	M	4	400 Free	M
7	50 Breast	W	Victory ceremony 3	50 Fly	W
8	1500 Free TF	W	5	200 IM	W
			Victory ceremony 4	400 Free	M
			6	200 Fly	M
			Victory ceremony 5	200 IM	W
			7	50 Breast	W
			Victory ceremony 6	200 Fly	M
			9	4x100 Medley Reg Relay	M
			10	4x200 Free Reg Relay	M
			11	4x200 Free Reg Relay	W
			Victory ceremony 7	50 Breast	W
			Victory ceremony 8	1500 Free	W

**Victory ceremonies for Relay Events 9-11 will be prior to the finals session at 5.45pm on Tuesday 6th April**

## Day 2 - Tuesday 6th April 2010

Session 3 – Heats			Session 4 – Finals		
Warm-up 7.00am - 8.45am Start 9am			Warm-up 4.00pm - 5.45pm Start 6pm		
12	50 Free	W	12	50 Free	W
13	100 Free	M	13	100 Free	M
14	200 Breast	W	Victory ceremony 12	50 Free	W
15	200 Back	M	14	200 Breast	W
16	100 Back	W	Victory ceremony 13	100 Free	M
17	100 Fly	W	15	200 Back	M
18	200 Breast	M	Victory ceremony 14	200 Breast	W
19	800 Free	W	16	100 Back	W
20	800 Free - TF	M	Victory ceremony 15	200 Back	M
			17	100 Fly	W
			Victory ceremony 16	100 Back	W
			18	200 Breast	M
			Victory ceremony 17	100 Fly	W
			21	4x100 Medley Reg Relay	W
			22	4x200 Free Club Relay	M
			23	4x200 Free Club Relay	W
			Victory ceremony 18	200 Breast	M
			Victory ceremony 20	800 Free	M

**Victory ceremonies for Relay Events 21-23 will be prior to the finals session at 5.45pm on Wednesday 7th April**

## Day 3 - Wednesday 7th April 2010

Session 5 - Heats			Session 6 - Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
24	100 Breast	M	24	100 Breast	M
25	100 Free	W	25	100 Free	W
26	100 Fly	M	Victory ceremony 24	100 Breast	M
27	50 Back	W	26	100 Fly	M
28	100 Breast	W	Victory ceremony 25	100 Free	W
29	400 IM	M	27	50 Back	W
			Victory ceremony 26	100 Fly	M
			28	100 Breast	W
			Victory ceremony 27	50 Back	W
			29	400 IM	M
			Victory ceremony 28	100 Breast	W
			19	800 Free	W
			Victory ceremony 29	400 IM	M
			30	4x100 Free Reg Relay	W
			31	4x100 Free Reg Relay	M
			Victory ceremony 19	800 Free	W

**Victory ceremonies for Relay Events 30 & 31 will be prior to the finals session at 5.45pm on Thrsday 8th April**

## Day 4 - Thursday 8th April 2010

Session 7 - Heats			Session 8 - Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
32	50 Free	M	32	50 Free	M
33	200 Back	W	33	200 Back	W
34	100 Back	M	Victory ceremony 32	50 Free	M
35	400 IM	W	34	100 Back	M
36	200 IM	M	Victory ceremony 33	200 Back	W
37	1500 Free	M	35	400 IM	W
			Victory ceremony 34	100 Back	M
			36	200 IM	M
			Victory ceremony 35	400 IM	W
			38	4x100 Free Club Relay	M
			39	4x100 Free Club Relay	W
			Victory ceremony 36	200 IM	M

**Victory ceremonies for Relay Events 38 & 39 will be prior to the finals session at 5.45pm on Friday 9th April**

## Day 5 - Friday 9th April 2010

Session 9 – Heats			Session 10 – Finals		
Warm-up 7.00am - 8.45am		Start 9am	Warm-up 4.00pm - 5.45pm		Start 6pm
40	200 Free	M	40	200 Free	M
41	200 Fly	W	41	200 Fly	W
42	50 Breast	M	Victory ceremony	40	200 Free
43	400 Free	W	42	50 Breast	M
44	50 Fly	M	Victory ceremony	41	200 Fly
			43	400 Free	W
			Victory ceremony	42	50 Breast
			44	50 Fly	M
			Victory ceremony	43	400 Free
			37	1500 Free	M
			Victory ceremony	44	50 Fly
			Victory ceremony	37	1500 Free
			45	4x100 Medley Club Relay	M
			46	4x100 Medley Club Relay	W
			Victory ceremony	45	4x100 Med Rel
			Victory ceremony	46	4x100 Med Rel