

Day 1 - Wednesday 18th March 2009

Session 1 – Heats			Session 2 – Finals		
Warm-up 7.30am - 8.45am Start 9am			Warm-up 4.30pm - 5.30pm Start 6pm		
1	200 Back	M	1	200 Back	M 13 & Under
			1	200 Back	M 14 years
2	200 Back	W	Victory ceremony	1 200 Back	M 12 & Under
			Victory ceremony	1 200 Back	M 13 years
3	100 Breast	M	1	200 Back	M 15 years
			Victory ceremony	1 200 Back	M 14 years
4	100 Breast	W	1	200 Back	M 16 & Over
			Victory ceremony	1 200 Back	M 15 years
5	50 Fly	M	2	200 Back	W 13 & Under
			Victory ceremony	1 200 Back	M 16 & Over
6	50 Fly	W	2	200 Back	W 14 years
			Victory ceremony	2 200 Back	W 12 & Under
7	400 Free (timed finals)	M	Victory ceremony	2 200 Back	W 13 years
			2	200 Back	W 15 years
8	400 Free (timed finals)	W	Victory ceremony	2 200 Back	W 14 years
			2	200 Back	W 16 & Over
9	100 IM	M	Victory ceremony	2 200 Back	W 15 years
			3	100 Breast	M 13 & Under
10	4 x 50 Free Club Relay 14 & Under	W	Victory ceremony	2 200 Back	W 16 & Over
			3	100 Breast	M 14 years
11	4 x 50 Free Club Relay 14 & Under	M	Victory ceremony	3 100 Breast	M 12 & Under
			Victory ceremony	3 100 Breast	M 13 years
12	4 x 50 Free Club Relay 15 & Over	M	3	100 Breast	M 15 years
			Victory ceremony	3 100 Breast	M 14 years
13	4 x 50 Free Club Relay 15 & Over	W	3	100 Breast	M 16 & Over
			Victory ceremony	3 100 Breast	M 15 years
			4	100 Breast	W 13 & Under
			Victory ceremony	3 100 Breast	M 16 & Over
			4	100 Breast	W 14 years
			Victory ceremony	4 100 Breast	W 12 & Under
			Victory ceremony	4 100 Breast	W 13 years
			4	100 Breast	W 15 years
			Victory ceremony	4 100 Breast	W 14 years
			4	100 Breast	W 16 & Over
			Victory ceremony	4 100 Breast	W 15 years
			5	50 Fly	M 13 & Under
			Victory ceremony	4 100 Breast	W 16 & Over
			5	50 Fly	M 14 years
			Victory ceremony	5 50 Fly	M 12 & Under
			Victory ceremony	5 50 Fly	M 13 years
			5	50 Fly	M 15 years
			Victory ceremony	5 50 Fly	M 14 years
			5	50 Fly	M 16 & Over
			Victory ceremony	5 50 Fly	M 15 years
			6	50 Fly	W 13 & Under
			Victory ceremony	5 50 Fly	M 16 & Over
			6	50 Fly	W 14 years
			Victory ceremony	6 50 Fly	W 12 & Under
			Victory ceremony	6 50 Fly	W 13 years
			6	50 Fly	W 15 years
			Victory ceremony	6 50 Fly	W 14 years
			6	50 Fly	W 16 & Over
			Victory ceremony	6 50 Fly	W 15 years
			7	400 Free	M Fastest TF
			Victory ceremony	6 50 Fly	W 16 & Over
			8	400 Free	W Fastest TF
			Victory ceremony	7 400 Free	M 12 & Under
			Victory ceremony	7 400 Free	M 13 years
			Victory ceremony	7 400 Free	M 14 years
			Victory ceremony	7 400 Free	M 15 years
			Victory ceremony	7 400 Free	M 16 & Over
			9	100 IM	M 13 & Under
			Victory ceremony	8 400 Free	W 12 & Under
			Victory ceremony	8 400 Free	W 13 years
			Victory ceremony	8 400 Free	W 14 years
			Victory ceremony	8 400 Free	W 15 years
			Victory ceremony	8 400 Free	W 16 & Over
			9	100 IM	M 14 years
			Victory ceremony	9 100 IM	M 12 & Under
			Victory ceremony	9 100 IM	M 13 years
			9	100 IM	M 15 years
			Victory ceremony	9 100 IM	M 14 years
			9	100 IM	M 16 & Over
			10	4 X 50 Free Club Relay	W 14 & Under
			11	4 X 50 Free Club Relay	M 14 & Under
			12	4 X 50 Free Club Relay	M 15 & Over
			13	4 X 50 Free Club Relay	W 15 & Over
			Victory ceremony	9 100 IM	M 15 years
			Victory ceremony	9 100 IM	M 16 & Over

Victory ceremonies for Relay Events 10, 11, 12 & 13 will be prior to the finals session at 5.45pm on Thursday 19th March

Day 2 - Thursday 19th March 2009

Session 3 – Heats			Session 4 – Finals			
Warm-up 7.30am - 8.45am Start 9am			Warm-up 4.30pm - 5.45pm Start 6pm			
14	200 IM	M	14	200 IM	M 13 & Under	
			14	200 IM	M 14 years	
15	200 IM	W	Victory ceremony	14	200 IM	M 12 & Under
			Victory ceremony	14	200 IM	M 13 years
16	100 Back	M	14	200 IM	M 15 years	
			Victory ceremony	14	200 IM	M 14 years
17	100 Back	W	14	200 IM	M 16 & Over	
			Victory ceremony	14	200 IM	M 15 years
18	50 Breast	M	15	200 IM	W 13 & Under	
			Victory ceremony	14	200 IM	M 16 & Over
19	50 Breast	W	15	200 IM	W 14 years	
			Victory ceremony	15	200 IM	W 12 & Under
20	200 Free	M	Victory ceremony	15	200 IM	W 13 years
			15	200 IM	W 15 years	
21	200 Free	W	Victory ceremony	15	200 IM	W 14 years
			15	200 IM	W 16 & Over	
22	4 x 50 Free Regional Relay 14 & Under	W	Victory ceremony	15	200 IM	W 15 years
			16	100 Back	M 13 & Under	
23	4 x 50 Free Regional Relay 14 & Under	M	Victory ceremony	15	200 IM	W 16 & Over
			16	100 Back	M 14 years	
24	4 x 50 Free Regional Relay 15 & Over	M	Victory ceremony	16	100 Back	M 12 & Under
			Victory ceremony	16	100 Back	M 13 years
25	4 x 50 Free Regional Relay 15 & Over	W	16	100 Back	M 15 years	
			Victory ceremony	16	100 Back	M 14 years
			16	100 Back	M 16 & Over	
			Victory ceremony	16	100 Back	M 15 years
			17	100 Back	W 13 & Under	
			Victory ceremony	16	100 Back	M 16 & Over
			17	100 Back	W 14 years	
			Victory ceremony	17	100 Back	W 12 & Under
			Victory ceremony	17	100 Back	W 13 years
			17	100 Back	W 15 years	
			Victory ceremony	17	100 Back	W 14 years
			17	100 Back	W 16 & Over	
			Victory ceremony	17	100 Back	W 15 years
			18	50 Breast	M 13 & Under	
			Victory ceremony	17	100 Back	W 16 & Over
			18	50 Breast	M 14 years	
			Victory ceremony	18	50 Breast	M 12 & Under
			Victory ceremony	18	50 Breast	M 13 years
			18	50 Breast	M 15 years	
			Victory ceremony	18	50 Breast	M 14 years
			18	50 Breast	M 16 & Over	
			Victory ceremony	18	50 Breast	M 15 years
			19	50 Breast	W 13 & Under	
			Victory ceremony	18	50 Breast	M 16 & Over
			19	50 Breast	W 14 years	
			Victory ceremony	19	50 Breast	W 12 & Under
			Victory ceremony	19	50 Breast	W 13 years
			19	50 Breast	W 15 years	
			Victory ceremony	19	50 Breast	W 14 years
			19	50 Breast	W 16 & Over	
			Victory ceremony	19	50 Breast	W 15 years
			20	200 Free	M 13 & Under	
			Victory ceremony	19	50 Breast	W 16 & Over
			20	200 Free	M 14 years	
			Victory ceremony	20	200 Free	M 12 & Under
			Victory ceremony	20	200 Free	M 13 years
			20	200 Free	M 15 years	
			Victory ceremony	20	200 Free	M 14 years
			20	200 Free	M 16 & Over	
			Victory ceremony	20	200 Free	M 15 years
			21	200 Free	W 13 & Under	
			Victory ceremony	20	200 Free	M 16 & Over
			21	200 Free	W 14 years	
			Victory ceremony	21	200 Free	W 12 & Under
			Victory ceremony	21	200 Free	W 13 years
			21	200 Free	W 15 years	
			Victory ceremony	21	200 Free	W 14 years
			21	200 Free	W 16 & Over	
			Victory ceremony	21	200 Free	W 15 years
			Victory ceremony	21	200 Free	W 16 & Over
			22	4 X 50 Free Reg Relay	W 14 & Under	
			23	4 X 50 Free Reg Relay	M 14 & Under	
			24	4 X 50 Free Reg Relay	M 15 & Over	
			25	4 X 50 Free Reg Relay	W 15 & Over	

Victory ceremonies for Relay Events 22, 23, 24 and 25 will be prior to the finals session at 5.45pm on Friday 20th March

Day 3 - Friday 20th March 2009

Session 5 – Heats			Session 6 – Finals		
Warm-up 7.30am - 8.45am		Start 9am	Warm-up 4.30pm - 5.30pm		Start 6pm
26	800 Free (Timed finals)	W	26	800 Free	W Fastest TF
			27	200 Fly	M 13 & Under
27	200 Fly	M	Victory ceremony	26 800 Free	W 12 & Under
			Victory ceremony	26 800 Free	W 13 years
28	200 Fly	W	Victory ceremony	26 800 Free	W 14 years
			Victory ceremony	26 800 Free	W 15 years
29	100 Free	M	Victory ceremony	26 800 Free	W 16 & Over
				27 200 Fly	M 14 years
30	100 Free	W	Victory ceremony	27 200 Fly	M 12 & Under
			Victory ceremony	27 200 Fly	M 13 years
31	50 Back	M		27 200 Fly	M 15 years
			Victory ceremony	27 200 Fly	M 14 years
32	50 Back	W		27 200 Fly	M 16 & Over
			Victory ceremony	27 200 Fly	M 15 years
33	400 IM (Timed finals)	M		28 200 Fly	W 13 & Under
			Victory ceremony	27 200 Fly	M 16 & Over
34	100 IM	W		28 200 Fly	W 14 years
			Victory ceremony	28 200 Fly	W 12 & Under
35	4 x 50 Medley Club Relay 14 & Under	W	Victory ceremony	28 200 Fly	W 13 years
				28 200 Fly	W 15 years
36	4 x 50 Medley Club Relay 14 & Under	M	Victory ceremony	28 200 Fly	W 14 years
				28 200 Fly	W 16 & Over
37	4 x 50 Medley Club Relay 15 & Over	W	Victory ceremony	28 200 Fly	W 15 years
				29 100 Free	M 13 & Under
38	4 x 50 Medley Club Relay 15 & Over	M	Victory ceremony	28 200 Fly	W 16 & Over
				29 100 Free	M 14 years
			Victory ceremony	29 100 Free	M 12 & Under
			Victory ceremony	29 100 Free	M 13 years
				29 100 Free	M 15 years
			Victory ceremony	29 100 Free	M 14 years
				29 100 Free	M 16 & Over
			Victory ceremony	29 100 Free	M 15 years
				30 100 Free	W 13 & Under
			Victory ceremony	29 100 Free	M 16 & Over
				30 100 Free	W 14 years
			Victory ceremony	30 100 Free	W 12 & Under
			Victory ceremony	30 100 Free	W 13 years
				30 100 Free	W 15 years
			Victory ceremony	30 100 Free	W 14 years
				30 100 Free	W 16 & Over
			Victory ceremony	30 100 Free	W 15 years
				31 50 Back	M 13 & Under
			Victory ceremony	30 100 Free	W 16 & Over
				31 50 Back	M 14 years
			Victory ceremony	31 50 Back	M 12 & Under
			Victory ceremony	31 50 Back	M 13 years
				31 50 Back	M 15 years
			Victory ceremony	31 50 Back	M 14 years
				31 50 Back	M 16 & Over
			Victory ceremony	31 50 Back	M 15 years
				32 50 Back	W 13 & Under
			Victory ceremony	31 50 Back	M 16 & Over
				32 50 Back	W 14 years
			Victory ceremony	32 50 Back	W 12 & Under
			Victory ceremony	32 50 Back	W 13 years
				32 50 Back	W 15 years
			Victory ceremony	32 50 Back	W 14 years
				32 50 Back	W 16 & Over
			Victory ceremony	32 50 Back	W 15 years
				33 400 IM	M Fastest TF
			Victory ceremony	32 50 Back	W 16 & Over
				34 100 IM	W 13 & Under
			Victory ceremony	33 400 IM	M 12 & Under
			Victory ceremony	33 400 IM	M 13 years
			Victory ceremony	33 400 IM	M 14 years
			Victory ceremony	33 400 IM	M 15 years
			Victory ceremony	33 400 IM	M 16 & Over
				34 100 IM	W 14 years
			Victory ceremony	34 100 IM	W 12 & Under
			Victory ceremony	34 100 IM	W 13 years
				34 100 IM	W 15 years
			Victory ceremony	34 100 IM	W 14 years
				34 100 IM	W 16 & Over
			Victory ceremony	34 100 IM	W 15 years
			Victory ceremony	34 100 IM	W 16 & Over
			35	4 X 50 Med Club Relay	W 14 & Under
			36	4 X 50 Med Club Relay	M 14 & Under
			37	4 X 50 Med Club Relay	M 15 & Over
			38	4 X 50 Med Club Relay	W 15 & Over

Victory ceremonies for Relay Events 35, 36, 37 & 38 will be prior to the finals session at 5.45pm on Saturday 21st March

Day 4 - Saturday 21st March 2009

Session 7 – Heats			Session 8 – Finals			
Warm-up 7.30am - 8.45am		Start 9am	Warm-up 4.30pm - 5.30pm		Start 6pm	
39	1500 Free (Timed finals)	M	39	1500 Free	M	Fastest TF
			40	100 Fly	W	13 & Under
40	100 Fly	W	Victory ceremony	39	1500 Free	M 12 & Under
			Victory ceremony	39	1500 Free	M 13 years
41	200 Breast	M	Victory ceremony	39	1500 Free	M 14 years
			Victory ceremony	39	1500 Free	M 15 years
42	200 Breast	W	Victory ceremony	39	1500 Free	M 16 & Over
			40	100 Fly	W	14 years
43	100 Fly	M	Victory ceremony	40	100 Fly	W 12 & Under
			Victory ceremony	40	100 Fly	W 13 years
44	50 Free	W	40	100 Fly	W	15 years
			Victory ceremony	40	100 Fly	W 14 years
45	50 Free	M	40	100 Fly	W	16 & Over
			Victory ceremony	40	100 Fly	W 15 years
46	400 IM (Timed finals)	W	41	200 Breast	M	13 & Under
			Victory ceremony	40	100 Fly	W 16 & Over
47	4 x 50 Medley Regional Relay 14 & Under	M	41	200 Breast	M	14 years
			Victory ceremony	41	200 Breast	M 12 & Under
48	4 x 50 Medley Regional Relay 14 & Under	W	Victory ceremony	41	200 Breast	M 13 years
			41	200 Breast	M	15 years
49	4 x 50 Medley Regional Relay 15 & Over	M	Victory ceremony	41	200 Breast	M 14 years
			41	200 Breast	M	16 & Over
50	4 x 50 Medley Regional Relay 15 & Over	W	Victory ceremony	41	200 Breast	M 15 years
			42	200 Breast	W	13 & Under
			Victory ceremony	41	200 Breast	M 16 & Over
			42	200 Breast	W	14 years
			Victory ceremony	42	200 Breast	W 12 & Under
			Victory ceremony	42	200 Breast	W 13 years
			42	200 Breast	W	15 years
			Victory ceremony	42	200 Breast	W 14 years
			42	200 Breast	W	16 & Over
			Victory ceremony	42	200 Breast	W 15 years
			43	100 Fly	M	13 & Under
			Victory ceremony	42	200 Breast	W 16 & Over
			43	100 Fly	M	14 years
			Victory ceremony	43	100 Fly	M 12 & Under
			Victory ceremony	43	100 Fly	M 13 years
			43	100 Fly	M	15 years
			Victory ceremony	43	100 Fly	M 14 years
			43	100 Fly	M	16 & Over
			Victory ceremony	43	100 Fly	M 15 years
			44	50 Free	W	13 & Under
			Victory ceremony	43	100 Fly	M 16 & Over
			44	50 Free	W	14 years
			Victory ceremony	44	50 Free	W 12 & Under
			Victory ceremony	44	50 Free	W 13 years
			44	50 Free	W	15 years
			Victory ceremony	44	50 Free	W 14 years
			44	50 Free	W	16 & Over
			Victory ceremony	44	50 Free	W 15 years
			45	50 Free	M	13 & Under
			Victory ceremony	44	50 Free	W 16 & Over
			45	50 Free	M	14 years
			Victory ceremony	45	50 Free	M 12 & Under
			Victory ceremony	45	50 Free	M 13 years
			45	50 Free	M	15 years
			Victory ceremony	45	50 Free	M 14 years
			45	50 Free	M	16 & Over
			Victory ceremony	45	50 Free	M 15 years
			46	400 IM	W	Fastest TF
			Victory ceremony	45	50 Free	M 16 & Over
			Victory ceremony	46	400 IM	W 12 & Under
			Victory ceremony	46	400 IM	W 13 years
			Victory ceremony	46	400 IM	W 14 years
			Victory ceremony	46	400 IM	W 15 years
			Victory ceremony	46	400 IM	W 16 & Over