



PROGRAM OF EVENTS & TIMELINE

Saturday 5 October

Session 1

Warm up: 7:00am

Competition Start Time: 8:30am

Guide Start Time	Event	Age	Gender	Distance	Stroke
08:30 AM	1	12&O	Male	50m	Freestyle
09:07 AM	2	12&O	Female	50m	Freestyle
09:51 AM	3	Multi Class	Male	50m	Freestyle
09:54 AM	4	Multi Class	Female	50m	Freestyle
09:57 AM	5	12&O	Male	200m	Butterfly
10:10 AM	6	12&O	Female	200m	Butterfly
10:20 AM	7	12&O	Male	100m	Breaststroke
10:43 AM	8	12&O	Female	100m	Breaststroke
11:11 AM	9	Multi Class	Male	100m	Breaststroke
11:13 AM	10	Multi Class	Female	100m	Breaststroke
11:18 AM	11	12&O	Male	400m	Freestyle
12:12 PM	12	12&O	Female	400m	Freestyle
01:15 PM	13	12&O	Male	100m	Backstroke
01:41 PM	14	12&O	Female	100m	Backstroke
02:18 PM	15	Multi Class	Male	100m	Backstroke
02:20 PM	16	Multi Class	Female	100m	Backstroke

Expected session finish time: 02:26 PM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY and actual start times may vary depending on a variety of circumstances on the actual day of competition.



PROGRAM OF EVENTS & TIMELINE

Saturday 5 October

Session 2

Competition Start Time: 2:30pm

Guide Start Time	Event	Age	Gender	Distance	Stroke
02:30 PM	17	12&O	Male	50m	Breaststroke
02:50 PM	18	12&O	Female	50m	Breaststroke
03:13 PM	19	Multi Class	Male	50m	Breaststroke
03:15 PM	20	Multi Class	Female	50m	Breaststroke
03:16 PM	21	12&O	Male	400m	Individual Medley
03:29 PM	22	12&O	Female	400m	Individual Medley
03:49 PM	23	12&O	Male	100m	Freestyle
04:34 PM	24	12&O	Female	100m	Freestyle
05:31 PM	25	Multi Class	Male	100m	Freestyle
05:35 PM	26	Multi Class	Female	100m	Freestyle
05:39 PM	27	12&O	Male	800m	Freestyle*
06:11 PM	28	13&O	Female	1500m	Freestyle*

Expected session finish time: 06:51 PM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY and actual start times may vary depending on a variety of circumstances on the actual day of competition.

**800m & 1500m events require swimmers (or their Coach / Team Manager) to withdraw if they no longer wish to swim. This withdrawal should be completed via the online form ([available here](#)), a minimum of one hour prior to the published start time of the relevant event. This allows for re-seeding and a smoother running of the distance events. Clubs with swimmers competing in 800m/1500m freestyle will need to supply timekeepers and lap counters.*



PROGRAM OF EVENTS & TIMELINE

Sunday 6 October

Session 3

Warm up: 7:00am

Competition Start Time: 8:30am

Guide Start Time	Event	Age	Gender	Distance	Stroke
08:30 AM	29	12&O	Male	200m	Individual Medley
09:02 AM	30	12&O	Female	200m	Individual Medley
09:47 AM	31	12&O	Male	50m	Backstroke
10:07 AM	32	12&O	Female	50m	Backstroke
10:38 AM	33	Multi Class	Male	50m	Backstroke
10:41 AM	34	Multi Class	Female	50m	Backstroke
10:43 AM	35	12&O	Male	200m	Breaststroke
11:05 AM	36	12&O	Female	200m	Breaststroke
11:31 AM	37	12&O	Male	100m	Butterfly
11:52 AM	38	12&O	Female	100m	Butterfly
12:13 PM	39	Multi Class	Male	100m	Butterfly
12:15 PM	40	Multi Class	Female	100m	Butterfly

Expected session finish time: 12:17 PM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY and actual start times may vary depending on a variety of circumstances on the actual day of competition.



PROGRAM OF EVENTS & TIMELINE

Sunday 6 October

Session 4

Competition Start Time: 12:20pm

Guide Start Time	Event	Age	Gender	Distance	Stroke
12:20 PM	41	12&O	Male	200m	Freestyle
01:02 PM	42	12&O	Female	200m	Freestyle
02:00 PM	43	12&O	Male	50m	Butterfly
02:21 PM	44	12&O	Female	50m	Butterfly
02:46 PM	45	Multi Class	Male	50m	Butterfly
02:48 PM	46	Multi Class	Female	50m	Butterfly
02:49 PM	47	12&O	Male	200m	Backstroke
03:13 PM	48	12&O	Female	200m	Backstroke
03:42 PM	49	13&O	Male	1500m	Freestyle*
04:19 PM	50	12&O	Female	800m	Freestyle*

Expected session finish time: 05:02 PM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY and actual start times may vary depending on a variety of circumstances on the actual day of competition.

*800m & 1500m events require swimmers (or their Coach / Team Manager) to withdraw if they no longer wish to swim. This withdrawal should be completed via the online form ([available here](#)), a minimum of one hour prior to the published start time of the relevant event. This allows for re-seeding and a smoother running of the distance events. Clubs with swimmers competing in 800m/1500m freestyle will need to supply timekeepers and lap counters.