



PROGRAM OF EVENTS & TIMELINE

Saturday 5 July

Session 1

Warm up: 07:00 AM

Competition: 08:30 AM

Guide Start Time	Event	Gender	Age	Distance	Stroke
08:30 AM	1	Men	11&O	50m	Butterfly
08:52 AM	2	Women	11&O	50m	Butterfly
09:18 AM	3	Men	MC	50m	Freestyle
09:21 AM	4	Women	MC	50m	Freestyle
09:22 AM	5	Men	11&O	200m	IM
09:45 AM	6	Women	11&O	200m	IM
10:07 AM	7	Men	11&O	400m	Freestyle
10:35 AM	8	Women	11&O	400m	Freestyle
10:57 AM	9	Men	MC	100m	Breaststroke
11:00 AM	10	Women	MC	100m	Breaststroke
11:03 AM	11	Men	11&O	50m	Backstroke
11:26 AM	12	Women	11&O	50m	Backstroke
11:57 AM	13	Men	MC	50m	Backstroke
12:01 PM	14	Women	MC	50m	Backstroke

Expected session finish time: 12:02 PM

PLEASE NOTE: The times listed above are to be used as a **GUIDE ONLY**.

Actual start times may vary depending on a variety of circumstances on the day of competition.



PROGRAM OF EVENTS & TIMELINE

Saturday 5 July

Session 2

Competition: 12:20 PM

Guide Start Time	Event	Gender	Age	Distance	Stroke
12:20 PM	15	Men	11&O	100m	Freestyle
12:47 PM	16	Women	11&O	100m	Freestyle
01:17 PM	17	Men	12&O	200m	Butterfly
01:23 PM	18	Women	12&O	200m	Butterfly
01:30 PM	19	Men	MC	100m	Butterfly
01:32 PM	20	Women	MC	100m	Butterfly
01:35 PM	21	Men	11&O	50m	Breaststroke
01:53 PM	22	Women	11&O	50m	Breaststroke
02:12 PM	23	Men	MC	100m	IM
02:14 PM	24	Women	MC	100m	IM
02:16 PM	25	Men	12&O	200m	Backstroke
02:30 PM	26	Women	12&O	200m	Backstroke
02:47 PM	27	Men	12&O	200m	Breaststroke
03:00 PM	28	Women	12&O	200m	Breaststroke
03:18 PM	29	Men	13&O	1500m	Freestyle
03:38 PM	30	Women	12&O	800m	Freestyle

Expected session finish time: 3:49 PM

PLEASE NOTE: The times listed above are to be used as a **GUIDE ONLY**.

Actual start times may vary depending on a variety of circumstances on the day of competition.



PROGRAM OF EVENTS & TIMELINE

Sunday 6 July

Session 3

Warm up: 07:00 AM

Competition: 08:30 AM

Guide Start Time	Event	Gender	Age	Distance	Stroke
08:30 AM	31	Men	11&O	200m	Freestyle
08:56 AM	32	Women	11&O	200m	Freestyle
09:25 AM	33	Men	MC	50m	Breaststroke
09:27 AM	34	Women	MC	50m	Breaststroke
09:29 AM	35	Men	11&O	100m	Backstroke
09:43 AM	36	Women	11&O	100m	Backstroke
10:01 AM	37	Men	11&O	100m	Breaststroke
10:16 AM	38	Women	11&O	100m	Breaststroke
10:30 AM	39	Men	MC	100m	Freestyle
10:32 AM	40	Women	MC	100m	Freestyle
10:34 AM	41	Men	12&O	400m	IM
10:46 AM	42	Women	12&O	400m	IM

Expected session finish time: 10:59 AM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY.

Actual start times may vary depending on a variety of circumstances on the day of competition.



PROGRAM OF EVENTS & TIMELINE

Sunday 6 July

Session 4

Competition: 11:20 AM

Guide Start Time	Event	Gender	Age	Distance	Stroke
11:20 AM	43	Men	11&O	100m	Butterfly
11:32 AM	44	Women	11&O	100m	Butterfly
11:48 AM	45	Men	MC	50m	Butterfly
11:50 AM	46	Women	MC	50m	Butterfly
11:52 AM	47	Men	11&O	100m	IM
12:02 PM	48	Women	11&O	100m	IM
12:15 PM	49	Men	MC	100m	Backstroke
12:17 PM	50	Women	MC	100m	Backstroke
12:20 PM	51	Men	11&O	50m	Freestyle
12:46 PM	52	Women	11&O	50m	Freestyle
01:17 PM	53	Men	12&O	800m	Freestyle
01:38 PM	54	Women	13&O	1500m	Freestyle

Expected session finish time: 1:57 PM

PLEASE NOTE: The times listed above are to be used as a GUIDE ONLY.

Actual start times may vary depending on a variety of circumstances on the day of competition.