

SCHEDULE OF EVENTS

| Friday 13 th December | Saturday 14 th December | Sunday 15 th December |
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| SESSION 1 – MORNING Warm Up 07:45 Start 09:00 | SESSION 4 – MORNING Warm Up 07:45 Start 09:00 | SESSION 7 – MORNING Warm Up 07:45 Start 09:00 |
| Mens 400m I.M. Womens 400m I.M. Mens 100m Freestyle Womens 100m Freestyle Mens 50m Breaststroke Womens 50m Breaststroke Mens 200m Backstroke Womens 200m Backstroke Mens 50m Butterfly Womens 50m Butterfly | Womens 200m I.M. Mens 200m Freestyle Womens 100m Butterfly Mens 100m Breaststroke Womens 50m Freestyle Mens 50m Backstroke Womens 200m Breaststroke Mens 200m Butterfly Womens 100m Backstroke Mens 100m I.M. Womens 400m Freestyle | Mens 200m I.M. Womens 200m Freestyle Mens 100m Butterfly Womens 100m Breaststroke Mens 50m Freestyle Womens 50m Backstroke Mens 200m Breaststroke Womens 200m Butterfly Mens 100m Backstroke Womens 100m I.M. Mens 400m Freestyle |
| SESSION 2 – AFTERNOON Warm Up 11:50 Start 12:50 | SESSION 5 – AFTERNOON Warm Up 11:50 Start 12:50 | SESSION 8 – AFTERNOON Warm up 11:50 Start 12:50 |
| Mens 400m I.M. Womens 400m I.M. Mens 100 Freestyle Womens 100 Freestyle Mens 50m Breaststroke Womens 50m Breaststroke Mens 200m Backstroke Womens 200m Backstroke Mens 50m Butterfly Womans 50m Butterfly Mens 800m Freestyle (Slower heats) Womans 800m Freestyle (Slower Heats) | Womens 200m I.M. Mens 200m Freestyle Mens 100m Breaststroke Womens 100m Butterfly Womens 50m Freestyle Mens 50m Backstroke Womens 200m Breaststroke Mens 200m Butterfly Womens 100m Backstroke Mens 100m I.M. Womens 400m Freestyle Mens 1500m Freestyle (Slower Heats) | Mens 200m I.M. Womens 200m Freestyle Mens 100m Butterfly Womens 100m Breaststroke Mens 50m Freestyle Womens 50m Backstroke Mens 200m Breaststroke Womens 200m Butterfly Mens 100m Backstroke Womens 100m I.M. Mens 400m Freestyle Womens 1500m Freestyle (Slower Heats) |
| SESSION 3 – EVENING Warm Up 16:30 Start 17:30 | SESSION 6 – EVENING Warm Up 16:30 Start 17:30 | SESSION 9 – EVENING Warm Up 16:30 Start 17:30 |
| Mens 800m Freestyle (Fastest Heat) Womens 800m Freestyle (Fastest Heat) B and A Finals of the above events Womens 4 x 50m Medley Relay Mens 4 x 50m Medley Relay | Mens 1500m Freestyle (Fastest Heat) B and A Finals of above events Mens 4 x 50m Freestyle Relay Womens 4 x 50m Freestyle Relay | Womens 1500m Freestyle (Fastest Heat) B and A Finals of above events Mixed 4 x 100m Medley Relay |

