



Session 1:

Warm Up

Start 08:40am

07:20am-07:40am

07:45am-08:05am

08:10am-08:30am

Event 1	400m	Freestyle	Male
Event 2	200m	Freestyle	Female
Event 3	200m	Freestyle	Male
Event 4	100m	Breaststroke	Female
Event 5	100m	Breaststroke	Male
Event 6	50m	Backstroke	Female
Event 7	50m	Backstroke	Male
Event 8	100m	Butterfly	Female
Event 9	100m	Butterfly	Male
Event 10	50m	Freestyle	Female
Event 11	50m	Freestyle	Male
Event 12	200m	Backstroke	Female
Event 13	200m	Backstroke	Male

Session 2:

Warm Up

Start 2:30pm

1:10pm-1:30pm

1:35pm-1:55pm

2:00pm-2:20pm

Event 14	400m	Freestyle	Female
Event 15	200m	IM	Male
Event 16	200m	IM	Female
Event 17	100m	Freestyle	Male
Event 18	100m	Freestyle	Female
Event 19	50m	Breaststroke	Male
Event 20	50m	Breaststroke	Female
Event 21	100m	Backstroke	Male
Event 22	100m	Backstroke	Female
Event 23	50m	Butterfly	Male
Event 24	50m	Butterfly	Female
Event 25	200m	Breaststroke	Male
Event 26	200m	Breaststroke	Female
Event 27	200m	Butterfly	Male
Event 28	200m	Butterfly	Female