



NAC SC Gala-Oct 15th 2023

Session 1: Warm Up 07:20hrs

Event 1	400m	Freestyle
Event 2	200m	Freestyle
Event 3	200m	Freestyle
Event 4	100m	Breaststroke
Event 5	100m	Breaststroke
Event 6	50m	Backstroke
Event 7	50m	Backstroke
Event 8	100m	Butterfly
Event 9	100m	Butterfly
Event 10	50m	Freestyle
Event 11	50m	Freestyle
Event 12	200m	Backstroke
Event 13	200m	Backstroke
Event 14	200m	12&U Freestyle Relay
Event 15	200m	12&U Freestyle Relay
Event 16	200m	13-14yrs Freestyle Relay
Event 17	200m	13-14yrs Freestyle Relay
Event 18	200m	15-16yrs Freestyle Relay
Event 19	200m	15-16yrs Freestyle Relay

Start 08:40hrs

Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male
Female
Male

Session 2: Warm Up 13:10hrs

Event 20	400m	Freestyle
Event 21	200m	IM
Event 22	200m	IM
Event 23	100m	Freestyle
Event 24	100m	Freestyle
Event 25	50m	Breaststroke
Event 26	50m	Breaststroke
Event 27	100m	Backstroke
Event 28	100m	Backstroke
Event 29	50m	Butterfly
Event 30	50m	Butterfly
Event 31	200m	Breaststroke
Event 32	200m	Breaststroke
Event 33	200m	Butterfly
Event 34	200m	Butterfly
Event 35	200m	13-14yrs Medley Relay
Event 36	200m	15-16yrs Medley Relay

Start 14:30hrs

Female
Male
Female
Male
Female
Male
Female
Male
Male
Female
Male
Female
Male
Female
Male
Mixed
Mixed