

Day 1			Day 2			Day 3			Day 4			Day 5		
Heats - Session 1			Heats - Session 3			Heats - Session 5			Heats - Session 7			Heats - Session 9		
Warm-up: 7am - 8.20am Start: 8.30am			Warm-up: 7am - 8.20am Start: 8.30am			Warm-up: 7am - 8.20am Start: 8.30am			Warm-up: 7am - 8.20am Start: 8.30am			Warm-up: 7am - 8.20am Start: 8.30am		
1	50m Breaststroke	M	9	1500m Freestyle (TF)	M	19	400m Freestyle (TF)	M	27	100m Butterfly	M	37	800m Freestyle (TF)	M
2	50m Breaststroke	F	10	1500m Freestyle (TF)	F	20	400m Freestyle (TF)	F	28	100m Butterfly	F	38	800m Freestyle (TF)	F
3	200m Freestyle	M	11	50m Butterfly	M	21	100m Breaststroke	M	29	200m Breaststroke	M	39	100m Freestyle	M
4	200m Freestyle	F	12	50m Butterfly	F	22	100m Breaststroke	F	30	200m Breaststroke	F	40	100m Freestyle	F
5	100m Backstroke	M	13	200m Backstroke	M	23	200m Individual Medley	M	31	50m Freestyle	M	41	200m Butterfly	M
6	100m Backstroke	F	14	200m Backstroke	F	24	200m Individual Medley	F	32	50m Freestyle	F	42	200m Butterfly	F
			15	100m Individual Medley	M	25	50m Backstroke	M	33	400m Individual Medley (TF)	M			
			16	100m Individual Medley	F	26	50m Backstroke	F	34	400m Individual Medley (TF)	F			

Day 1			Day 2			Day 3			Day 4			Day 5		
Finals - Session 2			Finals - Session 4			Finals - Session 6			Finals - Session 8			Finals - Session 10		
Warm-up: 3pm - 4.20pm Start: 4.30pm			Warm-up: 3pm - 4.20pm Start: 4.30pm			Warm-up: 3pm - 4.20pm Start: 4.30pm			Warm-up: 3pm - 4.20pm Start: 4.30pm			Warm-up: 3pm - 4.20pm Start: 4.30pm		
1	50m Breaststroke	M	9	1500m Freestyle (FTF)	M	19	400m Freestyle (FTF)	M	27	100m Butterfly	M	37	800m Freestyle (FTF)	M
2	50m Breaststroke	F	10	1500m Freestyle (FTF)	F	20	400m Freestyle (FTF)	F	28	100m Butterfly	F	38	800m Freestyle (FTF)	F
3	200m Freestyle	M	11	50m Butterfly	M	21	100m Breaststroke	M	29	200m Breaststroke	M	39	100m Freestyle	M
4	200m Freestyle	F	12	50m Butterfly	F	22	100m Breaststroke	F	30	200m Breaststroke	F	40	100m Freestyle	F
Victory Ceremony (1 – 4)			13	200m Backstroke	M	Victory Ceremony (19 – 22)			31	50m Freestyle	M	Victory Ceremony (37 – 40)		
5	100m Backstroke	M	14	200m Backstroke	F	23	200m Individual Medley	M	32	50m Freestyle	F	41	200m Butterfly	M
6	100m Backstroke	F	Victory Ceremony (9 – 14)			24	200m Individual Medley	F	Victory Ceremony (27 – 32)			42	200m Butterfly	F
7	4 x 50m Freestyle Relay	M	15	100m Individual Medley	M	25	50m Backstroke	M	33	400m Individual Medley (FTF)	M	43	4 x 100m Medley Relay	M
8	4 x 50m Freestyle Relay	F	16	100m Individual Medley	F	26	50m Backstroke	F	34	400m Individual Medley (FTF)	F	44	4 x 100m Medley Relay	F
Victory Ceremony (5 – 8)			17	4 x 50m Medley Relay	M	Victory Ceremony (23 – 26)			35	4 x 100m Freestyle Relay	M	Victory Ceremony (41 – 44)		
			18	4 x 50m Medley Relay	F				36	4 x 100m Freestyle Relay	F			
			Victory Ceremony (15 – 18)						Victory Ceremony (33 – 36)					