

SCHEDULE OF EVENTS

Friday 7 th December	Saturday 8 th December	Sunday 9 th December
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 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M. Womens 800m Freestyle (slower heats)	Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M. Mens 1500m Freestyle (slower heats)	Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke
SESSION 2 – AFTERNOON Warm Up 12:20 Start 13:20	SESSION 5 – AFTERNOON Warm Up 12:20 Start 13:20	SESSION 8 – AFTERNOON Warm up 12:00 Start 13:00
Mens 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M.	Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M.	Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke
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
Womens 800m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Womens 4 x 50m Medley Relay Mens 4 x 50m Medley Relay	Mens 1500m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Mens 4 x 50m Freestyle Relay Womens 4 x 50m Freestyle Relay	'B' & 'A' Finals of above Events Womens 4 x 100m Freestyle Relay Mens 4 x 100m Freestyle Relay