

		Sat 14	
Session 1		Approx timings	
Warm up			8.30
Racing start			9.00
1500m Freestyle	1 heat	9.00-9.22	
800m Freestyle	1 heat	9.22-9.36	
Approx finish			9.40
Session 2			
Warm up (no earlier than)			10.00
Racing start			11.00
Mixed 4 x 50 free relay	1 heat	11-11.10	
400 IM	1 heat	11.10-11.15	
Ladies 50m freestyle	5 heats	11.15-11.25	
Mens 50m freestyle	6 heats	11.25-11.35	
Ladies 100m breaststroke	1 heat	11.35-11.40	
Mens 100m breaststroke	3 heats	11.40-11.55	
Ladies 100m IM	3 heats	11.55-12.00	
Mens 100m IM	3 heats	12.00-12.25	
Ladies 50m Backstroke	3 heats	12.25-12.30	
Mens 50m Backstroke	3 heats	12.30-12.33	
Ladies 100m Butterfly	1 heat	12.33-12.35	
Mens 100m Butterfly	3 heats	12.35-12.45	
200 Freestyle	4 heats	12.45-13.05	
Approx finish			13.05
Warm up (no earlier than)			13.30
Racing start			14.30
400m Freestyle	3 heats	14.30-14.55	
Ladies 100m Backstroke	2 heats	14.55-15.00	
Mens 100m Backstroke	3 heats	15.00-15.10	
Ladies 50m Breaststroke	3 heats	15.10-15.15	
Mens 50m Breaststroke	3 heats	15.15-15.30	
Ladies 100m Freestyle	3 heats	15.30-15.40	
Mens 100m Freestyle	5 heats	15.40-16.05	
Ladies 50m Backstroke	3 heats	16.05-16.10	
Mens 50m Backstroke	3 heats	16.10-16.20	
200 IM	4 heats	16.20-16.40	
Mixed 4 x 50 medley relay	1 heat	16.45-17.00	
Approx finish			17.00