

Day 1

Saturday 20th January 2024 - Day 1

Session 1 - Heats

Warm Up

6.00pm – 6.25pm

Competition commences

6.30pm

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
101	800m Freestyle	O/M	1		HDW
102	800m Freestyle	O/M	2		HDW
103	800m Freestyle	O/M	3		HDW
111	1500m Freestyle	F	1		HDW
112	1500m Freestyle	F	2		HDW
113	1500m Freestyle	F	3		HDW

Saturday 27th January 2024 - Day 2

Session 2 - Heats

Warm Up

08:00 – 08:50

Competition commences

09:00

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
201	4 x 100m Freestyle	F	3		Relay
202	4 x 50m Medley	O/M	2		Relay
203	4 x 50m Freestyle	F	1		Relay
204	400m Freestyle	O/M	2		HDW
205	400m Ind Medley	F	1		HDW
206	200m Backstroke	O/M	3		HDW
207	200m Ind Medley	F	2		H
208	200m Butterfly	O/M	1		HDW
209	100m Backstroke	F	1		H
210	100m Butterfly	O/M	2		H
211	100m Butterfly	F	3		H
212	50m Backstroke	O/M	1		H
213	50m Freestyle	F	2		H
214	50m Butterfly	O/M	3		H

Lunch

Session 3 - Heats

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
221	4 x 50m Medley	F	3		Relay
222	4 x 100m Freestyle	Mixed	2		Relay
223	4 x 100m Medley	Mixed	1		Relay
224	200m Freestyle	O/M	1		H
225	400m Ind Medley	F	3		HDW
226	200m Backstroke	O/M	2		HDW
227	200m Breaststroke	F	2		HDW
228	200m Freestyle	O/M	3		H
229	50m Breaststroke	F	1		H
230	50m Freestyle	O/M	2		H
231	50m Backstroke	F	3		H
232	100m Breaststroke	O/M	1		H
233	100m Backstroke	F	2		H
234	100m Breaststroke	O/M	3		H

Afternoon Break

Session 4 - Finals

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Age Group	Approx duration	Type
251	200m Freestyle	O/M	A	4	Final
252	200m Ind Medley	F	C	4	Final
253	200m Freestyle	O/M	B	4	Final
254	200m Ind Medley	F	D	4	Final
255	200m Freestyle	O/M	F	4	Final
256	200m Ind Medley	F	E	4	Final
257	200m Freestyle	O/M	MC	4	Final
258	200m Freestyle	O/M	G	4	Final
259	100m Backstroke	F	A	3	Final
260	100m Breaststroke	O/M	A	3	Final
261	100m Backstroke	F	B	3	Final
262	100m Breaststroke	O/M	B	3	Final
263	100m Backstroke	F	C	3	Final
264	100m Butterfly	O/M	C	3	Final
265	100m Backstroke	F	D	3	Final
266	100m Butterfly	O/M	D	3	Final
267	100m Backstroke	F	E	3	Final
268	100m Butterfly	O/M	E	3	Final
269	100m Butterfly	F	F	3	Final
270	100m Breaststroke	O/M	F	3	Final
271	100m Butterfly	F	MC	3	Final
272	100m Butterfly	F	G	3	Final
273	100m Breaststroke	O/M	MC	3	Final
274	100m Breaststroke	O/M	G	3	Final
275	50m Breaststroke	F	A	2	Final
276	50m Backstroke	O/M	A	2	Final
277	50m Breaststroke	F	B	2	Final
278	50m Backstroke	O/M	B	2	Final
279	50m Freestyle	F	C	2	Final
280	50m Freestyle	O/M	C	2	Final
281	50m Freestyle	F	D	2	Final
282	50m Freestyle	O/M	D	2	Final
283	50m Freestyle	F	E	2	Final
284	50m Freestyle	O/M	E	2	Final
285	50m Backstroke	F	F	2	Final
286	50m Butterfly	O/M	F	2	Final
287	50m Backstroke	F	MC	2	Final
288	50m Backstroke	F	G	2	Final
289	50m Butterfly	O/M	MC	2	Final
290	50m Butterfly	O/M	G	2	Final

Sunday 28th January 2024 - Day 3

Session 5 - Heats

Warm Up

08:00-08:50

Competition commences

09:00

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
301	4 x 200m Freestyle	Mixed	3		Relay
302	4 x 50m Medley	F	1		Relay
303	4 x 50m Freestyle	O/M	2		Relay
304	400m Freestyle	F	2		HDW
305	400m Ind Medley	O/M	1		HDW
306	200m Butterfly	F	1		HDW
307	200m Ind Medley	O/M	2		H
308	200m Breaststroke	F	3		HDW
309	100m Freestyle	O/M	1		H
310	100m Freestyle	F	2		H
311	100m Butterfly	O/M	3		H
312	50m Backstroke	F	1		H
313	50m Backstroke	O/M	2		H
314	50m Butterfly	F	3		H

Lunch

Session 6 - Heats

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
321	4 x 50m Medley	O/M	3		Relay
322	4 x 100m Freestyle	Mixed	1		Relay
323	4 x 100m Medley	Mixed	2		Relay
324	200m Freestyle	F	3		H
325	400m Ind Medley	O/M	3		HDW
326	200m Backstroke	F	2		HDW
327	200m Butterfly	O/M	2		HDW
328	200m Freestyle	F	1		H
329	50m Breaststroke	O/M	1		H
330	50m Butterfly	F	2		H
331	50m Breaststroke	O/M	3		H
332	100m Breaststroke	F	1		H
333	100m Breaststroke	O/M	2		H
334	100m Backstroke	F	3		H

Afternoon Break

Session 7 - Finals

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Age Group	Approx duration	Type
351	200m Freestyle	F	A		Final
352	200m Ind Medley	O/M	C		Final
353	200m Freestyle	F	B		Final
354	200m Ind Medley	O/M	D		Final
355	200m Freestyle	F	F		Final
356	200m Ind Medley	O/M	E		Final
357	200m Freestyle	F	MC		Final
358	200m Freestyle	F	G		Final
359	100m Freestyle	O/M	A		Final
360	100m Breaststroke	F	A		Final
361	100m Freestyle	O/M	B		Final
362	100m Breaststroke	F	B		Final
363	100m Breaststroke	O/M	C		Final
364	100m Freestyle	F	C		Final
365	100m Breaststroke	O/M	D		Final
366	100m Freestyle	F	D		Final
367	100m Breaststroke	O/M	E		Final
368	100m Freestyle	F	E		Final
369	100m Butterfly	O/M	F		Final
370	100m Backstroke	F	F		Final
371	100m Butterfly	O/M	MC		Final
372	100m Butterfly	O/M	G		Final
373	100m Backstroke	F	MC		Final
374	100m Backstroke	F	G		Final
375	50m Breaststroke	O/M	A		Final
376	50m Backstroke	F	A		Final
377	50m Breaststroke	O/M	B		Final
378	50m Backstroke	F	B		Final
379	50m Backstroke	O/M	C		Final
380	50m Butterfly	F	C		Final
381	50m Backstroke	O/M	D		Final
382	50m Butterfly	F	D		Final
383	50m Backstroke	O/M	E		Final
384	50m Butterfly	F	E		Final
385	50m Breaststroke	O/M	F		Final
386	50m Butterfly	F	F		Final
387	50m Breaststroke	O/M	MC		Final
388	50m Breaststroke	O/M	G		Final
389	50m Butterfly	F	MC		Final
390	50m Butterfly	F	G		Final

Saturday 3rd February 2024 - Day 4

Session 8 - Heats

Warm Up

6.00pm – 6.25pm

Competition commences

6.30pm

Ev No	Event description	Gender	Sub Age Gro	Approx duration	Type
401	800m Freestyle	F		1 30mins	HDW
402	800m Freestyle	F		2 30mins	HDW
403	800m Freestyle	F		3 30mins	HDW
411	1500m Freestyle	O/M		1 30mins	HDW
412	1500m Freestyle	O/M		2 30mins	HDW
413	1500m Freestyle	O/M		3 30mins	HDW

Saturday 10th February 2024 - Day 5

Session 9 - Heats

Warm Up

08:00-08:50

Competition commences

09:00

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
501	4 x 100m Freestyle	O/M	3		Relay
502	4 x 50m Freestyle	F	3		Relay
503	4 x 50m Freestyle	O/M	1		Relay
504	400m Freestyle	F	1		HDW
505	400m Ind Medley	O/M	2		HDW
506	200m Freestyle	F	2		H
507	200m Breaststroke	O/M	1		HDW
508	200m Backstroke	F	3		HDW
509	200m Butterfly	O/M	3		HDW
510	100m Butterfly	F	1		H
511	100m Freestyle	O/M	2		H
512	100m Freestyle	F	3		H
513	50m Butterfly	O/M	1		H
514	50m Backstroke	F	2		H
515	50m Backstroke	O/M	3		H

Lunch

Session 10 - Heats

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
521	4 x 50m Freestyle	O/M	3		Relay
522	4 x 50m Medley	F	2		Relay
523	4 x 50m Medley	O/M	1		Relay
524	400m Freestyle	F	3		HDW
525	200m Ind Medley	O/M	1		H
526	200m Butterfly	F	2		HDW
527	200m Ind Medley	O/M	3		H
528	200m Breaststroke	F	1		HDW
529	100m Backstroke	O/M	1		H
530	100m Breaststroke	F	2		H
531	100m Freestyle	O/M	3		H
532	50m Freestyle	F	1		H
533	50m Breaststroke	O/M	2		H
534	50m Breaststroke	F	3		H

Afternoon Break

Session 11 - Finals

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Age Group	Approx duration	Type
551	200m Ind Medley	O/M	A		Final
552	200m Freestyle	F	C		Final
553	200m Ind Medley	O/M	B		Final
554	200m Freestyle	F	D		Final
555	200m Ind Medley	O/M	F		Final
556	200m Freestyle	F	E		Final
557	200m Ind Medley	O/M	MC		Final
558	200m Ind Medley	O/M	G		Final
559	100m Butterfly	F	A		Final
560	100m Backstroke	O/M	A		Final
561	100m Butterfly	F	B		Final
562	100m Backstroke	O/M	B		Final
563	100m Breaststroke	F	C		Final
564	100m Freestyle	O/M	C		Final
565	100m Breaststroke	F	D		Final
566	100m Freestyle	O/M	D		Final
567	100m Breaststroke	F	E		Final
568	100m Freestyle	O/M	E		Final
569	100m Freestyle	F	F		Final
570	100m Freestyle	O/M	F		Final
571	100m Freestyle	F	MC		Final
572	100m Freestyle	F	G		Final
573	100m Freestyle	O/M	MC		Final
574	100m Freestyle	O/M	G		Final
575	50m Freestyle	F	A		Final
576	50m Butterfly	O/M	A		Final
577	50m Freestyle	F	B		Final
578	50m Butterfly	O/M	B		Final
579	50m Backstroke	F	C		Final
580	50m Breaststroke	O/M	C		Final
581	50m Backstroke	F	D		Final
582	50m Breaststroke	O/M	D		Final
583	50m Backstroke	F	E		Final
584	50m Breaststroke	O/M	E		Final
585	50m Breaststroke	F	F		Final
586	50m Backstroke	O/M	F		Final
587	50m Breaststroke	F	MC		Final
588	50m Breaststroke	F	G		Final
589	50m Backstroke	O/M	MC		Final
590	50m Backstroke	O/M	G		Final

Sunday 11th February 2024 - Day 6

Session 12 - Heats

Warm Up

08:00-08:50

Competition commences

09:00

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
601	4 x 100m Medley	F		3	Relay
602	4 x 100m Medley	O/M		3	Relay
603	4 x 50m Challenge 48 relay	Mixed	Max ages = 48		Relay
604	400m Ind Medley	F		2	HDW
605	400m Freestyle	O/M		1	HDW
606	200m Backstroke	F		1	HDW
607	200m Freestyle	O/M		2	H
608	200m Butterfly	F		3	HDW
609	200m Breaststroke	O/M		3	HDW
610	100m Freestyle	F		1	H
611	100m Backstroke	O/M		2	H
612	100m Breaststroke	F		3	H
613	50m Freestyle	O/M		1	H
614	50m Breaststroke	F		2	H
615	50m Freestyle	O/M		3	H

Lunch

Session 13 - Heats

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Sub Age Group	Approx duration	Type
621	4 x 100m Freestyle	Mixed		3	Relay
622	4 x 50m Freestyle	F		2	Relay
623	4 x 50m Challenge 68 relay	Mixed	Max ages = 68		Relay
624	400m Freestyle	O/M		3	HDW
625	200m Ind Medley	F		1	H
626	200m Breaststroke	O/M		2	HDW
627	200m Ind Medley	F		3	H
628	200m Backstroke	O/M		1	HDW
629	50m Butterfly	F		1	H
630	50m Butterfly	O/M		2	H
631	50m Freestyle	F		3	H
632	100m Butterfly	O/M		1	H
633	100m Butterfly	F		2	H
634	100m Backstroke	O/M		3	H
635	Skins style relay	Mixed	Open		Relay

Afternoon Break

Session 14 - Finals

Warm Up

TBC

Competition commences

TBC

Ev No	Event description	Gender	Age Group	Approx duration	Type
651	200m Ind Medley	F	A		Final
652	200m Freestyle	O/M	C		Final
653	200m Ind Medley	F	B		Final
654	200m Freestyle	O/M	D		Final
655	200m Ind Medley	F	F		Final
656	200m Freestyle	O/M	E		Final
657	200m Ind Medley	F	MC		Final
658	200m Ind Medley	F	G		Final
659	100m Butterfly	O/M	A		Final
660	100m Freestyle	F	A		Final
661	100m Butterfly	O/M	B		Final
662	100m Freestyle	F	B		Final
663	100m Backstroke	O/M	C		Final
664	100m Butterfly	F	C		Final
665	100m Backstroke	O/M	D		Final
666	100m Butterfly	F	D		Final
667	100m Backstroke	O/M	E		Final
668	100m Butterfly	F	E		Final
669	100m Backstroke	O/M	F		Final
670	100m Breaststroke	F	F		Final
671	100m Backstroke	O/M	MC		Final
672	100m Backstroke	O/M	G		Final
673	100m Breaststroke	F	MC		Final
674	100m Breaststroke	F	G		Final
675	50m Freestyle	O/M	A		Final
676	50m Butterfly	F	A		Final
677	50m Freestyle	O/M	B		Final
678	50m Butterfly	F	B		Final
679	50m Butterfly	O/M	C		Final
680	50m Breaststroke	F	C		Final
681	50m Butterfly	O/M	D		Final
682	50m Breaststroke	F	D		Final
683	50m Butterfly	O/M	E		Final
684	50m Breaststroke	F	E		Final
685	50m Freestyle	O/M	F		Final
686	50m Freestyle	F	F		Final
687	50m Freestyle	O/M	MC		Final
688	50m Freestyle	O/M	G		Final
689	50m Freestyle	F	MC		Final
690	50m Freestyle	F	G		Final