



Race Schedule

Saturday			Sunday		
SESSION 1 Saturday 18th November 2023			SESSION 3 Sunday 19th November 2023		
<i>Warm up 8am for 9am Start</i>			<i>Warm up 8am for 9am Start</i>		
Event 101 Open/Male	400m IM	HDW	Event 301 Female	400m IM	HDW
Event 102 Female	100m IM		Event 302 Open/Male	100m IM	
Event 103 Open/Male	200m Freestyle		Event 303 Female	200m Freestyle	
Event 104 Female	200m Butterfly		Event 304 Open/Male	200m Butterfly	
Event 105 Open/Male	100m Breaststroke		Event 305 Female	100m Breaststroke	
Event 106 Female	100m Backstroke		Event 306 Open/Male	100m Backstroke	
Event 107 Open/Male	50m Butterfly		Event 307 Female	50m Butterfly	
Event 108 Female	50m Breaststroke		Event 308 Open/Male	50m Breaststroke	
15 minutes break (Distance Warm-up/Swim Down)			15 minutes break (Distance Warm-up/Swim Down)		
Event 109 Open/Male	1500m Freestyle	HDW	Event 309 Female	1500m Freestyle	HDW
15 minute break (Finals warm-up/Swim down)			15 minute break (Finals warm-up/Swim down)		
Event 110 Female	10 – 15 100m IM	FINAL	Event 310 Open/Male	10 – 15 100m IM	FINAL
Event 111 Female	16 and Over 100m IM	FINAL	Event 311 Open/Male	16 and Over 100m IM	FINAL
Event 112 Open/Male	10 – 15 200m Freestyle	FINAL	Event 312 Female	10 – 15 200m Freestyle	FINAL
Event 113 Open/Male	16 and Over 200m Freestyle	FINAL	Event 313 Female	16 and Over 200m Freestyle	FINAL
Event 114 Female	10 – 15 200m Butterfly	FINAL	Event 314 Open/Male	10 – 15 200m Butterfly	FINAL
Event 115 Female	16 and Over 200m Butterfly	FINAL	Event 315 Open/Male	16 and Over 200m Butterfly	FINAL
Event 116 Open/Male	10 – 15 100m Breaststroke	FINAL	Event 316 Female	10 – 15 100m Breaststroke	FINAL
Event 117 Open/Male	16 and Over 100m Breaststroke	FINAL	Event 317 Female	16 and Over 100m Breaststroke	FINAL
Event 118 Female	10 – 15 100m Backstroke	FINAL	Event 318 Open/Male	10 – 15 100m Backstroke	FINAL
Event 119 Female	16 and Over 100m Backstroke	FINAL	Event 319 Open/Male	16 and Over 100m Backstroke	FINAL
Event 120 Open/Male	10 – 15 50m Butterfly	FINAL	Event 320 Female	10 – 15 50m Butterfly	FINAL
Event 121 Open/Male	16 and Over 50m Butterfly	FINAL	Event 321 Female	16 and Over 50m Butterfly	FINAL
Event 122 Female	10-15 50m Breaststroke	FINAL	Event 322 Open Male	10-15 50m Breaststroke	FINAL
Event 123 Female	16 and Over 50m Breaststroke	FINAL	Event 323 Open/Male	16 and over 50m Breaststroke	FINAL
<i>Est finish time: 2pm</i>			<i>Est finish time: 2pm</i>		
SESSION 2 Saturday 18th November 2023			SESSION 4 Sunday 19th November 2023		
<i>Warm up 2pm for a 3pm start</i>			<i>Warm up 2pm for a 3pm start</i>		
Event 201 Female	400m Freestyle	HDW	Event 401 Open/Male	400m Freestyle	HDW
Event 202 Open/Male	200m Breaststroke		Event 402 Female	200m Breaststroke	
Event 203 Female	200m Backstroke		Event 403 Open/Male	200m Backstroke	
Event 204 Open/Male	100 Freestyle		Event 404 Female	100 Freestyle	
Event 205 Female	100m Butterfly		Event 405 Open/Male	100m Butterfly	
Event 206 Open/Male	50m Backstroke		Event 406 Female	50m Backstroke	
Event 207 Female	50m Freestyle		Event 407 Open/Male	50m Freestyle	
Event 208 Open/Male	200m IM		Event 408 Female	200m IM	
15 minutes break (Distance Warm-up/Swim Down)			15 minutes break (Distance Warm-up/Swim Down)		
Event 209 Female	800m Freestyle	HDW	Event 409 Open/Male	800m Freestyle	HDW
15 minute break (Finals warm-up/Swim down)			15 minute break (Finals warm-up/Swim down)		
Event 210 Open/Male	10 – 15 200m Breaststroke	FINAL	Event 410 Female	10 – 15 200m Breaststroke	FINAL
Event 211 Open/Male	16 and Over 200m Breaststroke	FINAL	Event 411 Female	16 and Over 200m Breaststroke	FINAL
Event 212 Female	10 – 15 200m Backstroke	FINAL	Event 412 Open/Male	10 – 15 200m Backstroke	FINAL
Event 213 Female	16 and Over 200m Backstroke	FINAL	Event 413 Open/Male	16 and Over 200m Backstroke	FINAL
Event 214 Open/Male	10 – 15 100m Freestyle	FINAL	Event 414 Female	10 – 15 100m Freestyle	FINAL
Event 215 Open/Male	16 and Over 100m Freestyle	FINAL	Event 415 Female	16 and Over 100m Freestyle	FINAL
Event 216 Female	10 – 15 100m Butterfly	FINAL	Event 416 Open/Male	10 – 15 100m Butterfly	FINAL
Event 217 Female	16 and Over 100m Butterfly	FINAL	Event 417 Open/Male	16 and Over 100m Butterfly	FINAL
Event 218 Open/Male	10 – 15 50m Backstroke	FINAL	Event 418 Female	10 – 15 50m Backstroke	FINAL
Event 219 Open/Male	16 and Over 50m Backstroke	FINAL	Event 419 Female	16 and Over 50m Backstroke	FINAL
Event 220 Female	10 – 15 50m Freestyle	FINAL	Event 420 Open/Male	10 – 15 50m Freestyle	FINAL
Event 221 Female	16 and Over 50m Freestyle	FINAL	Event 421 Open/Male	16 and Over 50m Freestyle	FINAL
Event 222 Open/Male	10 – 15 200m IM	FINAL	Event 422 Female	10 – 15 200m IM	FINAL
Event 223 Open/Male	16 and Over 200m IM	FINAL	Event 423 Female	16 and Over 200m IM	FINAL
<i>Est finish time 8pm</i>			<i>Est finish time 8pm</i>		

