

SATURDAY 5 July 2026

SESSION 1

SESSION 2

Withdrawal closes:		8.15am	Withdrawal closes:		14:05
Warm Up Boys 13/u		8.00-8.15	Warm Up Boys 13/u		14:15-14:25
Warm up Mixed 14/o		8.15-8.30	Warm up Mixed 14/o		14:25-14:35
Warm Up Girls 13/u		8.30-8.45	Warm Up Girls 13/u		14:35-14:45
Start:		9.00am	Start:		14:50
Event 101	Open/Male 400m IM		Event 201	Open/Male 200m Freestyle	
Event 102	Female 200m IM		Event 202	Female 400m Freestyle	
Event 103	Open/Male 100m Backstroke		Event 203	Open/Male 100m Breaststroke	
Event 104	Female 100m Freestyle		Event 204	Female 100m Butterfly	
Event 105	Open/Male 200m Breaststroke		Event 205	Open/Male 200m Backstroke	
Event 106	Female 200m Butterfly		Event 206	Female 50m Backstroke	
Event 107	Open/Male 50m Butterfly		Event 207	Open/Male 50m Freestyle	
Event 108	Female 50m Breaststroke				

SUNDAY 6 July 2026

SESSION 3

SESSION 4

Withdrawal closes:		8.15am	Withdrawal closes:		14:05
Warm Up Girls 13/u		8.00-8.15	Warm Up Girls 13/u		14:15-14:25
Warm up Mixed 14/o		8.15-8.30	Warm up Mixed 14/o		14:25-14:35
Warm Up Boys 13/u		8.30-8.45	Warm Up Boys 13/u		14:35-14:45
Start:		9.00am	Start:		14:50
Event 301	Female 400m IM		Event 401	Female 200m Freestyle	
Event 302	Open/Male 200m IM		Event 402	Open/Male 400m Freestyle	
Event 303	Female 100m Backstroke		Event 403	Female 100m Breaststroke	
Event 304	Open/Male 100m Freestyle		Event 404	Open/Male 100m Butterfly	
Event 305	Female 200m Breaststroke		Event 405	Female 200m Backstroke	
Event 306	Open/Male 200m Butterfly		Event 406	Open/Male 50m Backstroke	
Event 307	Female 50m Butterfly		Event 407	Female 50m Freestyle	
Event 308	Open/Male 50m Breaststroke				