

Appendix 4

SESSION 1

Event		Heats	Start Times
101	Male & Open 400m Individual Medley	5	09:00
102	Female 400m Individual Medley	5	09:28
103	Male & Open 100m Freestyle	5	09:58
104	Female 100m Freestyle	5	10:07
105	Male & Open 50m Breaststroke	5	10:16
106	Female 50m Breaststroke	5	10:23
107	Male & Open 200m Backstroke	5	10:30
108	Female 200 Backstroke	5	10:46
109	Male & Open 50m Butterfly	5	11:04
110	Female 50m Butterfly	5	11:11
111	Mixed 4x50m Freestyle Relay	3	11:17

(slower heats)

SESSION 2

Event		Heats	Start Times
121	Male & Open 400m Individual Medley	4	12:50
122	Female 400m Individual Medley	5	13:13
123	Male & Open 100m Freestyle	6	13:43
124	Female 100m Freestyle	6	13:52
125	Male & Open 50m Breaststroke	8	14:03
126	Female 50m Breaststroke	7	14:12
127	Male & Open 200m Backstroke	2	14:21
128	Female 200m Backstroke	4	14:27
129	Male & Open 50m Butterfly	7	14:41
130	Female 50 Butterfly	7	14:49
112	Male & Open 800m Freestyle	1 and 2	14:57
	(slower heats)	3 and 4	15:16
113	Female 800m Freestyle	1 and 2	15:35
	(slower heats)		

SESSION 3

Event		Start Time
131	Male & Open 800m Freestyle, Fastest Heat	17:32
132	Female 800m Freestyle, Fastest Heat	17:43
101	Male & Open 400m Individual Medley B Final	17:53
	Male & Open 400m Individual Medley A Final	18:00
102	Female 400m Individual Medley B Final	18:06
102	Female 400m Individual Medley A Final	18:13
Presentation Ceremony for the Male & Open and Female 800m Freestyle		
103	Male & Open 100m Freestyle C Final	18:24
	Male & Open 100m Freestyle B Final	18:26
	Male & Open 100m Freestyle A Final	18:29
104	Female 100m Freestyle C Final	18:31
	Female 100m Freestyle B Final	18:33
	Female 100m Freestyle A Final	18:36
Presentation Ceremony for the Male & Open and Female 400m Individual Medley		
105	Male & Open 50m Breaststroke C Final	18:43
	Male & Open 50m Breaststroke B Final	18:45
	Male & Open 50m Breaststroke A Final	18:47
106	Female 50m Breaststroke C Final	18:49
	Female 50m Breaststroke B Final	18:51
	Female 50m Breaststroke A Final	18:53
Presentation Ceremony for the Male & Open and Female 100m Freestyle		
107	Male & Open 200m Backstroke B Final	19:00
	Male & Open 200m Backstroke A Final	19:04
108	Female 200m Backstroke B Final	19:07
	Female 200m Backstroke A Final	19:11
Presentation Ceremony for the Male & Open and Female 50m Breaststroke		
109	Male & Open 50m Butterfly C Final	19:19
	Male & Open 50m Butterfly B Final	19:21
	Male & Open 50m Butterfly A Final	19:23
110	Female 50m Butterfly C Final	19:25
	Female 50m Butterfly B Final	19:27
	Female 50m Butterfly A Final	19:29
111	Mixed 4x50m Freestyle Relay HDW 2 Fastest Heats	19:32
Presentation Ceremony for the Male & Open and Female 200m Backstroke, Male & Open and Female 50m Butterfly, and Mixed 200m Freestyle Relay		

SESSION 4

Event		Heats	Start Times
201	Female 200m Individual Medley	5	09:00
202	Male & Open 200m Freestyle	5	09:17
203	Female 100m Butterfly	5	09:31
204	Male & Open 100m Breaststroke	5	09:40
205	Female 50m Freestyle	5	09:50
206	Male & Open 50m Backstroke	5	09:56
207	Female 200m Breaststroke	5	10:05
208	Male & Open 200m Butterfly	5	10:22
209	Female 100m Backstroke	5	10:37
210	Male & Open 100m Individual Medley	5	10:49
211	Female 400m Freestyle	5	10:58
212	Mixed 4x50m Medley Relay	4	11:25
	(slower heats)		

SESSION 5

Event		Heats	Start Times
221	Female 200m Individual Medley	5	12:50
222	Male & Open 200m Freestyle	6	13:06
223	Female 100m Butterfly	8	13:22
224	Male & Open 100m Breaststroke	6	13:36
225	Female 50m Freestyle	5	13:47
226	Male & Open 50m Backstroke	5	13:53
227	Female 200m Breaststroke	5	14:01
228	Male & Open 200m Butterfly	7	14:18
229	Female 100m Backstroke	6	14:39
230	Male & Open 100m Individual Medley	6	14:52
231	Female 400m Freestyle	3	15:02
213	Male & Open 1500m Freestyle	H 1	15:18
	(Slower Heats)	H 2	15:35
		H 3	15:52

SESSION 6

Event		Starts Time
212	Male & Open 1500m Freestyle - Fastest Heat	17:32
201	Female 200m Individual Medley B Final	17:50
	Female 200m Individual Medley A Final	17:54
202	Male & Open 200m Freestyle B Final	17:57
	Male & Open 200m Freestyle A Final	18:01
203	Female 100m Butterfly C Final	18:04
	Female 100m Butterfly B Final	18:06
	Female 100m Butterfly A Final	18:09
Presentation Ceremony for the Male & Open 1500m Freestyle and Female 200m Individual Medley		
204	Male & Open 100m Breaststroke C Final	18:16
	Male & Open 100m Breaststroke B Final	18:18
	Male & Open 100m Breaststroke A Final	18:21
205	Female 50m Freestyle C Final	18:23
	Female 50m Freestyle B Final	18:25
	Female 50m Freestyle A Final	18:27
Presentation Ceremony for the Male & Open 200m Freestyle and Female 100m Butterfly		
206	Male & Open 50m Backstroke C Final	18:34
	Male & Open 50m Backstroke B Final	18:36
	Male & Open 50m Backstroke A Final	18:38
207	Female 200m Breaststroke B Final	18:40
	Female 200m Breaststroke A Final	18:44
Presentation Ceremony for the Male & Open 100m Breaststroke and Female 50m Freestyle		
208	Male & Open 200m Butterfly B Final	18:53
	Male & Open 200m Butterfly A Final	18:57
209	Female 100m Backstroke C Final	19:00
	Female 100m Backstroke B Final	19:02
	Female 100m Backstroke A Final	19:05
Presentation Ceremony for the Male & Open 50m Backstroke and Female 200m Breaststroke		
210	Male & Open 100m Individual Medley C Final	19:12
	Male & Open 100m Individual Medley B Final	19:14
	Male & Open 100m Individual Medley A Final	19:17
211	Female 400m Freestyle B Final	19:19
	Female 400m Freestyle A Final	19:25
213	Mixed 4x50m Medley Relay HDW 2 Fastest heats	19:31
Presentation Ceremony for the Male & Open 200m Butterfly and Female 100m Backstroke, Male & Open 100m Individual Medley, Female 400m Freestyle, the Mixed 200m Medley Relay		

SESSION 7

Event		Heats	Start Times
301	Male & Open 200m Individual Medley	5	09:00
302	Female 200m Freestyle	5	09:16
303	Male & Open 100m Butterfly	5	09:30
304	Female 100m Breaststroke	5	09:39
305	Male & Open 50m Freestyle	5	09:50
306	Female 50m Backstroke	5	09:56
307	Male & Open 200m Breaststroke	5	10:05
308	Female 200m Butterfly	5	10:21
309	Male & Open 100m Backstroke	5	10:37
310	Female 100m Individual Medley	5	10:48
311	Male & Open 400m Freestyle	5	10:58

SESSION 8

Event		Heats	Start Times
321	Male & Open 200m Individual Medley	4	12:50
322	Female 200m Freestyle	6	13:02
323	Male & Open 100m Butterfly	6	13:20
324	Female 100m Breaststroke	7	13:30
325	Male & Open 50m Freestyle	6	13:43
326	Female 50m Backstroke	5	13:50
327	Male & Open 200m Breaststroke	6	13:57
328	Female 200m Butterfly	4	14:17
329	Male & Open 100m Backstroke	4	14:30
330	Female 100m Individual Medley	6	14:38
331	Male & Open 400m Freestyle	4	14:49
312	Female 1500m Freestyle	1	15:09
	(Slower Heats)		

SESSION 9

Event	Starts Time
332 Female 1500m Freestyle, Fastest Heat	17:02
301 Male & Open 200m Individual Medley B Final	17:20
Male & Open 200m Individual Medley A Final	17:24
302 Female 200m Freestyle B Final	17:27
Female 200m Freestyle A Final	17:31
303 Male & Open 100m Butterfly C Final	17:34
Male & Open 100m Butterfly B Final	17:36
Male & Open 100 Butterfly A Final	17:39
Presentation Ceremony for the Female 1500m Freestyle and Male & Open 200m Individual Medley	
304 Female 100 Breaststroke C Final	17:46
Female 100 Breaststroke B Final	17:48
Female 100 Breaststroke A Final	17:51
305 Male & Open 50 Freestyle C Final	17:53
Male & Open 50 Freestyle B Final	17:55
Male & Open 50 Freestyle A Final	17:57
Presentation Ceremony for the Female 200m Freestyle and Male & Open 100m Butterfly	
306 Female 50m Backstroke C Final	18:04
Female 50m Backstroke B Final	18:06
Female 50m Backstroke A Final	18:08
307 Male & Open 200m Breaststroke B Final	18:10
Male & Open 200m Breaststroke A Final	18:14
Presentation Ceremony for the Female 100m Breaststroke and Male & Open 50m Freestyle	
308 Female 200m Butterfly B Final	18:23
Female 200m Butterfly A Final	18:27
309 Male & Open 100m Backstroke C Final	18:30
Male & Open 100m Backstroke B Final	18:32
Male & Open 100m Backstroke A Final	18:35
Presentation Ceremony for the Female 50m Backstroke and Male & Open 200m Breaststroke	
310 Female 100m Individual Medley C Final	18:42
Female 100m Individual Medley B Final	18:44
Female 100m Individual Medley A Final	18:47
311 Male & Open 400m Freestyle B Final	18:49
Male & Open 400m Freestyle A Final	18:55
Presentation Ceremony for the Female 200m Butterfly, Male & Open 100m Backstroke, Female 100m Individual Medley, Male & Open 400m Freestyle	
312 Mixed 4x50 Freestyle Relay (Scotland National Team Exhibition)	19:11
313 Mixed 4x50 Medley Relay (Scotland National Team Exhibition)	19:14