

DAY 2 – SATURDAY 23rd JULY (FINALS)

EVENT		Race Report	Race Start
13-14 YEARS	Mens 400m Freestyle	16:50	17:00
15 YEARS	Mens 400m Freestyle	16:55	17:05
16 YEARS	Mens 400m Freestyle	17:02	17:12
17 YEARS	Mens 400m Freestyle	17:08	17:18
18 YEARS	Mens 400m Freestyle	17:15	17:25
19+ YEARS	Mens 400m Freestyle	17:21	17:31
MC	Womens MC 200m Freestyle	17:28	17:38
MC	Mens MC 200m Freestyle	17:33	17:43
13-14 YEARS	Womens 200m Freestyle	17:39	17:49
15 YEARS	Womens 200m Freestyle	17:44	17:54
16 YEARS	Womens 200m Freestyle	17:48	17:58
17 YEARS	Womens 200m Freestyle	17:53	18:03
18 YEARS	Womens 200m Freestyle	17:57	18:07
19+ YEARS	Womens 200m Freestyle	18:02	18:12
13-14 YEARS	Mens 100m Breaststroke	18:06	18:16
15 YEARS	Mens 100m Breaststroke	18:10	18:20
16 YEARS	Mens 100m Breaststroke	18:14	18:24
17 YEARS	Mens 100m Breaststroke	18:17	18:27
18 YEARS	Mens 100m Breaststroke	18:21	18:31
19+ YEARS	Mens 100m Breaststroke	18:24	18:34
MC	Womens MC 400m Freestyle	18:28	18:38
MC	Mens MC 400m Freestyle	18:36	18:46
13-14 YEARS	Womens 400m IM	18:45	18:55
15 YEARS	Womens 400m IM	18:52	19:02
16 YEARS	Womens 400m IM	19:00	19:10
17 YEARS	Womens 400m IM	19:08	19:18
18 YEARS	Womens 400m IM	19:15	19:25
19+ YEARS	Womens 400m IM	19:23	19:33
13-14 YEARS	Mens 50m Backstroke	19:30	19:40
15 YEARS	Mens 50m Backstroke	19:33	19:43
16 YEARS	Mens 50m Backstroke	19:36	19:46
17 YEARS	Mens 50m Backstroke	19:39	19:49
18 YEARS	Mens 50m Backstroke	19:42	19:52
19+ YEARS	Mens 50m Backstroke	19:45	19:55
13-14 YEARS	Womens 50m Breaststroke	19:48	19:58
15 YEARS	Womens 50m Breaststroke	19:51	20:01
16 YEARS	Womens 50m Breaststroke	19:54	20:04
17 YEARS	Womens 50m Breaststroke	19:57	20:07
18 YEARS	Womens 50m Breaststroke	20:00	20:10
19+ YEARS	Womens 50m Breaststroke	20:03	20:13
MC	Mens MC 150m IM	20:05	20:15
	FINISH		20:23

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event.

DAY 3 – SUNDAY 24th JULY (FINALS)

EVENT		Race Report	Race Start
13-14 YEARS	Mens 200m Butterfly	16:50	17:00
15 YEARS	Mens 200m Butterfly	16:54	17:04
16 YEARS	Mens 200m Butterfly	16:58	17:08
17 YEARS	Mens 200m Butterfly	17:02	17:12
18 YEARS	Mens 200m Butterfly	17:07	17:17
19+ YEARS	Mens 200m Butterfly	17:12	17:22
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13-14 YEARS	Womens 100m Backstroke	17:16	17:26
15 YEARS	Womens 100m Backstroke	17:20	17:30
16 YEARS	Womens 100m Backstroke	17:23	17:33
17 YEARS	Womens 100m Backstroke	17:27	17:37
18 YEARS	Womens 100m Backstroke	17:30	17:40
19+ YEARS	Womens 100m Backstroke	17:34	17:44
MC	Womens MC 100m Backstroke	17:37	17:47
MC	Mens MC 100m Backstroke	17:41	17:51
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13-14 YEARS	Mens 100m Backstroke	17:45	17:55
15 YEARS	Mens 100m Backstroke	17:48	17:58
16 YEARS	Mens 100m Backstroke	17:52	18:02
17 YEARS	Mens 100m Backstroke	17:55	18:05
18 YEARS	Mens 100m Backstroke	17:59	18:09
19+ YEARS	Mens 100m Backstroke	18:02	18:12
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13-14 YEARS	Womens 200m Breaststroke	18:05	18:15
15 YEARS	Womens 200m Breaststroke	18:10	18:20
16 YEARS	Womens 200m Breaststroke	18:16	18:26
17 YEARS	Womens 200m Breaststroke	18:21	18:31
18 YEARS	Womens 200m Breaststroke	18:26	18:36
19+ YEARS	Womens 200m Breaststroke	18:31	18:41
MC	Womens MC 50m Butterfly	18:36	18:46
MC	Mens MC 50m Butterfly	18:39	18:49
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13-14 YEARS	Mens 50m Breaststroke	18:43	18:53
15 YEARS	Mens 50m Breaststroke	18:46	18:56
16 YEARS	Mens 50m Breaststroke	18:48	18:58
17 YEARS	Mens 50m Breaststroke	18:51	19:01
18 YEARS	Mens 50m Breaststroke	18:54	19:04
19+ YEARS	Mens 50m Breaststroke	18:57	19:07
	FINISH		19:12

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event/ceremony

DAY 4 – MONDAY 25th JULY (FINALS)

EVENT		Race Report	Race Start
MC	Womens MC 100m Freestyle	16:50	17:00
MC	Mens MC 100m Freestyle	16:52	17:02
13-14 YEARS	Womens 200m Butterfly	16:55	17:05
15 YEARS	Womens 200m Butterfly	17:00	17:10
16 YEARS	Womens 200m Butterfly	17:05	17:15
17 YEARS	Womens 200m Butterfly	17:10	17:20
18 YEARS	Womens 200m Butterfly	17:15	17:25
19+ YEARS	Womens 200m Butterfly	17:19	17:29
13-14 YEARS	Mens 100m Freestyle	17:34	17:34
15 YEARS	Mens 100m Freestyle	17:37	17:37
16 YEARS	Mens 100m Freestyle	17:31	17:41
17 YEARS	Mens 100m Freestyle	17:34	17:44
18 YEARS	Mens 100m Freestyle	17:37	17:47
19+ YEARS	Mens 100m Freestyle	17:41	17:51
MC	Womens MC 100m Breaststroke	17:44	17:54
MC	Mens MC 100m Breaststroke	17:48	17:58
13-14 YEARS	Womens 50m Freestyle	17:52	18:02
15 YEARS	Womens 50m Freestyle	17:55	18:05
16 YEARS	Womens 50m Freestyle	17:58	18:08
17 YEARS	Womens 50m Freestyle	18:01	18:11
18 YEARS	Womens 50m Freestyle	18:04	18:14
19+ YEARS	Womens 50m Freestyle	18:06	18:16
13-14 YEARS	Mens 400m IM	18:09	18:19
15 YEARS	Mens 400m IM	18:17	18:27
16 YEARS	Mens 400m IM	18:24	18:34
17 YEARS	Mens 400m IM	18:31	18:41
18 YEARS	Mens 400m IM	18:38	18:48
19+ YEARS	Mens 400m IM	18:45	18:55
MC	Womens MC 50m Breaststroke	18:52	19:02
MC	Mens MC 50m Breaststroke	18:56	19:06
14/16 YEARS	Womens 4x100m Medley Team	18:59	19:09
17+ YEARS	Womens 4x100m Medley Team	19:06	19:16
	FINISH		19:25

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event



DAY 5 – TUESDAY 26th JULY (FINALS)

EVENT		Race Report	Race Start
13-14 YEARS	Womens 100m Freestyle	16:50	17:00
15 YEARS	Womens 100m Freestyle	16:51	17:01
16 YEARS	Womens 100m Freestyle	16:55	17:05
17 YEARS	Womens 100m Freestyle	16:58	17:08
18 YEARS	Womens 100m Freestyle	17:02	17:12
19+ YEARS	Womens 100m Freestyle	17:05	17:15
13-14 YEARS	Mens 200m Breaststroke	17:08	17:18
15 YEARS	Mens 200m Breaststroke	17:13	17:23
16 YEARS	Mens 200m Breaststroke	17:18	17:28
17 YEARS	Mens 200m Breaststroke	17:23	17:33
18 YEARS	Mens 200m Breaststroke	17:28	17:38
19+ YEARS	Mens 200m Breaststroke	17:33	17:43
MC	Mens MC 200m IM	17:38	17:48
MC	Womens MC 200m IM	17:43	17:53
13-14 YEARS	Womens 200m Backstroke	17:48	17:58
15 YEARS	Womens 200m Backstroke	17:53	18:03
16 YEARS	Womens 200m Backstroke	17:58	18:08
17 YEARS	Womens 200m Backstroke	18:03	18:13
18 YEARS	Womens 200m Backstroke	18:08	18:18
19+ YEARS	Womens 200m Backstroke	18:12	18:22
13-14 YEARS	Mens 100m Butterfly	18:17	18:27
15 YEARS	Mens 100m Butterfly	18:21	18:31
16 YEARS	Mens 100m Butterfly	18:24	18:34
17 YEARS	Mens 100m Butterfly	18:28	18:38
18 YEARS	Mens 100m Butterfly	18:31	18:41
19+ YEARS	Mens 100m Butterfly	18:34	18:44
MC	Mens MC 50m Freestyle	18:38	18:48
MC	Womens MC 50m Freestyle	18:41	18:51
13-14 YEARS	Womens 50m Butterfly	18:44	18:54
15 YEARS	Womens 50m Butterfly	18:46	18:56
16 YEARS	Womens 50m Butterfly	18:49	18:59
17 YEARS	Womens 50m Butterfly	18:52	19:02
18 YEARS	Womens 50m Butterfly	18:55	19:05
19+ YEARS	Womens 50m Butterfly	18:58	19:08
14/16 YEARS	Mens 4x100m Medley Team	19:01	19:11
17+ YEARS	Mens 4x100m Medley Team	19:08	19:18
	FINISH		19:27

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event



DAY 6 – WEDNESDAY 27th JULY (FINALS)

EVENT		Race Report	Race Start
13-14 YEARS	Womens 400m Freestyle	16:50	17:00
15 YEARS	Womens 400m Freestyle	16:55	17:05
16 YEARS	Womens 400m Freestyle	17:02	17:12
17 YEARS	Womens 400m Freestyle	17:09	17:19
18 YEARS	Womens 400m Freestyle	17:16	17:26
19+ YEARS	Womens 400m Freestyle	17:23	17:33
13-14 YEARS	Mens 200m IM	17:29	17:39
15 YEARS	Mens 200m IM	17:34	17:44
16 YEARS	Mens 200m IM	17:39	17:49
17 YEARS	Mens 200m IM	17:44	17:54
18 YEARS	Mens 200m IM	17:48	17:58
19+ YEARS	Mens 200m IM	17:53	18:03
MC	Womens MC 100m Butterfly	17:57	18:07
MC	Mens MC 100m Butterfly	18:01	18:11
13-14 YEARS	Womens 200m IM	18:05	18:15
15 YEARS	Womens 200m IM	18:10	18:20
16 YEARS	Womens 200m IM	18:15	18:25
17 YEARS	Womens 200m IM	18:19	18:29
18 YEARS	Womens 200m IM	18:24	18:34
19+ YEARS	Womens 200m IM	18:29	18:39
13-14 YEARS	Mens 50m Freestyle	18:34	18:44
15 YEARS	Mens 50m Freestyle	18:37	18:47
16 YEARS	Mens 50m Freestyle	18:40	18:50
17 YEARS	Mens 50m Freestyle	18:42	18:52
18 YEARS	Mens 50m Freestyle	18:45	18:55
19+ YEARS	Mens 50m Freestyle	18:48	18:58
13-14 YEARS	Womens 50m Backstroke	18:51	19:01
15 YEARS	Womens 50m Backstroke	18:54	19:04
16 YEARS	Womens 50m Backstroke	18:57	19:07
17 YEARS	Womens 50m Backstroke	19:00	19:10
18 YEARS	Womens 50m Backstroke	19:03	19:13
19+ YEARS	Womens 50m Backstroke	19:06	19:16
MC	Mens MC 50m Backstroke	19:08	19:18
MC	Womens MC 50m Backstroke	19:12	19:22
	FINISH		19:28

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event



DAY 7 – THURSDAY 28th JULY (FINALS)

EVENT			Race Report	Race Start
13-14 YEARS	Mens 200m Freestyle		16:50	17:00
15 YEARS	Mens 200m Freestyle		16:52	17:02
16 YEARS	Mens 200m Freestyle		16:57	17:07
17 YEARS	Mens 200m Freestyle		17:01	17:11
18 YEARS	Mens 200m Freestyle		17:06	17:16
19+ YEARS	Mens 200m Freestyle		17:10	17:20
Womens 100m Breaststroke				
13-14 YEARS	Womens 100m Breaststroke		17:14	17:24
15 YEARS	Womens 100m Breaststroke		17:18	17:28
16 YEARS	Womens 100m Breaststroke		17:22	17:32
17 YEARS	Womens 100m Breaststroke		17:25	17:35
18 YEARS	Womens 100m Breaststroke		17:29	17:39
19+ YEARS	Womens 100m Breaststroke		17:33	17:43
Mens 200m Backstroke				
13-14 YEARS	Mens 200m Backstroke		17:36	17:46
15 YEARS	Mens 200m Backstroke		17:41	17:51
16 YEARS	Mens 200m Backstroke		17:46	17:56
17 YEARS	Mens 200m Backstroke		17:50	18:00
18 YEARS	Mens 200m Backstroke		17:55	18:05
19+ YEARS	Mens 200m Backstroke		17:59	18:09
Womens 100m Butterfly				
13-14 YEARS	Womens 100m Butterfly		18:04	18:14
15 YEARS	Womens 100m Butterfly		18:07	18:17
16 YEARS	Womens 100m Butterfly		18:11	18:21
17 YEARS	Womens 100m Butterfly		18:14	18:24
18 YEARS	Womens 100m Butterfly		18:18	18:28
19+ YEARS	Womens 100m Butterfly		18:21	18:31
Mens 50m Butterfly				
13-14 YEARS	Mens 50m Butterfly		18:25	18:35
15 YEARS	Mens 50m Butterfly		18:28	18:38
16 YEARS	Mens 50m Butterfly		18:31	18:41
17 YEARS	Mens 50m Butterfly		18:33	18:43
18 YEARS	Mens 50m Butterfly		18:36	18:46
19+ YEARS	Mens 50m Butterfly		18:39	18:49
Mens 4x100m Freestyle Relay				
14/16 YEARS	Mens 4x100m Freestyle Relay		18:42	18:52
17+ YEARS	Mens 4x100m Freestyle Relay		18:48	18:58
Womens 4x100m Freestyle Relay				
14/16 YEARS	Womens 4x100m Freestyle Relay		18:54	19:04
17+ YEARS	Womens 4x100m Freestyle Relay		19:01	19:11
	FINISH			19:20

All times listed are for finals
Heat start times will be issued on each days start sheet.
Report times are 10 mins prior to start of event