

Competition Schedules (subject to change)

Friday 25th November	
Warm Up	7.15am-7.45am
Head Coaches Meeting	7.30am
Marshalling	7.45am
Opening Ceremony	9.00am-10.00am

<u>EVENT</u>	<u>TIME</u>	<u>EVENT #</u>	<u># of DIVS</u>	<u>STATUS</u>
800m Freestyle (4)	08.00am	1	1	Final
200m I/M (8)	08.20am	2	2	Heat
400m Freestyle (16)	08.31am	3	3	Heat
Break to Move Bulkhead & Opening Ceremony				
15m Kickboard (3)	10.27am	4	1	Heat
15m Unassisted Swim (6)	10.29am	5	2	Heat
4 x 25 Medley (7 Teams)	10.33am	6	1	Heat
4 x 25 Freestyle (23 Teams)	10.40am	7	3	Heat
100m Backstroke (44)	10.54am	8	6	Heat
50m Breaststroke (20)	11.17am	9	3	Heat
15 Min Break				
25m Butterfly (20)	11.40am	10	3	Heat
50m Freestyle (159)	11.45am	11	21	Heat
25m Kickboard (6)	12.33pm	12	1	Heat
100m Individual Medley (30)	12.35pm	13	4	Heat
Lunch Break (30 Minutes)				
25m Backstroke (79)	1.20pm	14	21	Heat
100m Breaststroke (17)	1.40pm	15	4	Heat
100m Freestyle (98)	1.50pm	16	12	Heat
200m Breaststroke (7)	2.40pm	17	2	Heat
25m Freestyle (91)	2.50pm	18	12	Heat
Afternoon Break 10mins				
200m Freestyle (39)	3.20pm	19	6	Heat
50m Butterfly (25)	3.45pm	20	4	Heat
200m Backstroke (12)	3.55pm	21	2	Heat
4 x 50m Medley Relay (10 Teams)	4.10pm	22	2	Heat
4 x 50m Freestyle Relay (21 Teams)	4.20pm	23	3	Heat
Finish Time	4.50pm	# of Races in the day	117	
Awards for 800 Mtr Freestyle				

Saturday 26th November	
Warm Up	7.15am-7.45am
Head Coaches Meeting	7.30am
Marshalling	7.45am

<u>EVENT</u>	<u>TIME</u>	<u>EVENT #</u>	<u># of DIVS</u>	<u>STATUS</u>
15 m Kickboard	08.00am	4	1	Final
15 m Unassisted Swim	08.02am	5	2	Final
4 x 25 Medley Relay	08.15am	6	2	Final
4 x 25 Freestyle Relay	08.21am	7	4	Final
100m Backstroke	08.35am	8	9	Final
Break For Awards Ceremony				
50m Breaststroke	09.34am	9	4	Final
25m Butterfly	09.45am	10	6	Final
50m Freestyle	09.55am	11	30	Final
Break For Awards Ceremony				
25m Kickboard	11.31am	12	2	Final
25m Breaststroke (17)	11.36am	24	3	Heat
200m Backstroke	11.42am	21	2	Final
200m Breaststroke	12.03pm	17	2	Final
50m Backstroke (105)	12.12pm	26	13	Heat
100m Individual Medley	12.50pm	13	6	Final
Break To Move Bulkhead/Lunch Break & Awards Ceremony				
400m Freestyle	2.39pm	3	3	Final
1500m Freestyle (5)	3.12pm	25	1	Final
200m I/M	3.53pm	2	2	Final
Final Awards Ceremony of the Day				
Finish Time	4.30pm	# of Races in the day	92	

Sunday 27th November	
Warm Up	7.15am-7.45am
Head Coaches Meeting	7.30am
Marshalling	7.45am
Closing Ceremony	3.15pm-4.00pm

<u>EVENT</u>	<u>TIME</u>	<u>EVENT #</u>	<u># of DIVS</u>	<u>STATUS</u>
100m Breaststroke	08.00am	15	4	Final
25m Backstroke	08.15am	14	22	Final
Break for Awards Ceremony				
25m Breaststroke	09.12am	21	4	Final
50 Backstroke	09.22am	22	18	Final
Break for Awards Ceremony & Lunch				
100 Freestyle	10.45am	16	18	Final
50m Butterfly	11.30am	23	6	Final
25m Freestyle	11.42am	24	18	Final
Break for Awards Ceremony				
200m Freestyle	12.50pm	25	7	Final
4 x 50m Medley Relay	1.25pm	20	3	Final
4 x 50m Freestyle Relay	1.40pm	26	5	Final
Final Awards Ceremony				
Finish Time	3.00pm	# of Races in the day	105	

Competition Schedules (subject to change)

Friday 25th November	
Head Coaches Meeting	8.30am
Marshalling	8.45am
Event Start	9.00am

EVENT		TIME	Event #	# of DIVS	STATUS
5000m	Run	09.00am	1	1	Final
200m	Run	09.30am	2	8	Heats
50m	Walk	09.50am	3	2	Heats
50m	Run	09.52am	4	3	Heats
400m	Walk	10.00am	5	2	Heats
400m	Run	10.10am	6	3	Heats
100m	Wheelchair Race	10.25am	7	1	Heats
Opening Ceremony/Lunch 10.30am-12.00pm					
Field Events					
Softball Throw – Male		12.00pm	8	2	Heats
Mini Javelin – Female		12.00pm	9	5	Heats
Long Jump – Male		12.00pm	10	6	Heats
Softball Throw – Female		12.50pm	11	2	Heats
Shot Put – Male		12.50pm	12	4	Heats
Long Jump – Female		12.50pm	13	2	Heats
Standing Long Jump		1.40pm	14	1	Heats
Mini Javelin – Male		1.40pm	15	8	Heats
Shot Put - Female		1.40pm	16	4	Heats
Track Events					
800m	Walk	2.20pm	17	2	Heats
800m	Run	2.40pm	18	1	Heats
100m	Walk	2.50pm	19	2	Heats
100m	Run	2.55pm	20	12	Heats
1500m	Walk	3.10pm	21	1	Heats
1500m	Run	3.25pm	22	1	Heats
4 x 100m	Relays	3.40pm	23	4	Heats
Finish Time: 4.00pm					

Saturday 26th November	
Head Coaches Meeting	8.00am
Marshalling	8.15am
Event Start	8.30am

EVENT		Time	Event #	# of DIVS	COMPETITION
800m	Walk	08.30am	17	2	Final
800m	Run	08.45am	18	2	Final
200m	Run	08.55am	2	14	Final
100m	Wheelchair Race	09.15am	3	1	Final
50m	Walk	09.20am	4	2	Final
50m	Run	09.25am	5	5	Final
400m	Walk	09.30am	6	3	Final
400m	Run	09.45am	7	4	Final
Break For Awards For Above Events & 5000 metre Run					
Field Events					
Softball Throw – Male		10.45am	8	2	Final
Mini Javelin – Female		10.45am	9	5	Final
Long Jump – Male		10.45am	10	7	Final
Softball Throw – Female		11.20am	11	7	Final
Shot Put – Male		11.45am	12	1	Final
Long Jump – Female		11.45am	13	3	Final
Standing Long Jump		11.45am	14	2	Final
Mini Javelin – Male		11.45am	15	5	Final
Shot Put - Female		12.30pm	16	4	Final
Break For Awards For All Field Events					
100m	Walk	2.00pm	19	2	Final
100m	Run	2.05pm	20	16	Final
1500m	Walk	2.30pm	21	1	Final
1500m	Run	2.45pm	22	2	Final
4 x 100m	Relays	3.00pm	23	5	Final
Break For Awards For Above Events					
Finish Time – 4.45pm					