

# Session 1 – Friday 9 September 2016

	Session 1 – Timed Fin	als	
Warm-up 8.00am - 9.50am Start 10.00am			
1	200m Free - PARA	М	13-18 years
2	50m Back - PARA	F	13-18 years
3	50m Fly - PARA	М	13-18 years
Victory Ceremony 1	200m Free	М	Various
Victory Ceremony 2	50m Back	F	Various
4	100m Free - PARA	F	13-18 years
5	200m Fly	М	13-18 years
Victory Ceremony 3	50m Fly	М	Various
Victory Ceremony 4	100m Free	F	Various
6	200m Breast	F	13-18 years
Victory Ceremony 5	200m Fly	М	Various
Victory Ceremony 6	200m Breast	F	Various
7	4x50 Medley Relay	М	15 & Under
8	4x50 Medley Relay	F	15 & Under
9	4x50 Free Relay	Х	15 & Under
10	4x50 Free Relay	Х	16 & Over
Victory Ceremony 7	4x50 Medley Relay	М	15 & Under
Victory Ceremony 8	4x50 Medley Relay	F	15 & Under
Victory Ceremony 9	4x50 Free Relay	Х	15 & Under
Victory Ceremony 10	4x50 Free Relay	Х	16 & Over



# Session 2 – Friday 9 September 2016

Session 2 – Timed Finals			
Warm-up 3.00pm - 3.50pm Start 4.00pm			
200m Breast	М	13-18 years	
50m Fly - PARA	F	13-18 years	
50m Back - PARA	М	13-18 years	
200m Breast	М	Various	
50m Fly	F	Various	
200m Free - PARA	F	13-18 years	
400m Free - PARA	М	13-18 years	
50m Back	М	Various	
200m Free	F	Various	
400m Free	М	Various	
4x50 Medley Relay	F	16 & Over	
4x50 Medley Relay	М	16 & Over	
4x50 Medley Relay	F	16 & Over	
4x50 Medley Relay	М	16 & Over	
50 Back Skins	F	13-18 years	
50 Fly Skins	М	13-18 years	
50 Back Skins	F	13-18 years	
50 Fly Skins	М	13-18 years	
	up 3.00pm - 3.50pm 200m Breast 50m Fly - PARA 50m Back - PARA 200m Breast 50m Fly 200m Free - PARA 400m Free - PARA 50m Back 200m Free 400m Free 4x50 Medley Relay 4x50 Medley Relay 4x50 Medley Relay 4x50 Medley Relay 50 Back Skins 50 Fly Skins 50 Back Skins	up 3.00pm - 3.50pmStart 4.00p200m BreastM50m Fly - PARAF50m Back - PARAM200m BreastM50m FlyF200m Free - PARAF400m Free - PARAM50m BackM200m Free - PARAF400m Free - PARAM50m BackM200m FreeF400m FreeM50 Medley RelayF4x50 Medley RelayF4x50 Medley RelayF4x50 Medley RelayF50 Back SkinsF50 Fly SkinsM50 Back SkinsF	



# Session 3 – Saturday 10 September 2016

	Session 3 – Timed Finals			
Warm-up 8.00am - 8.50am Start 9.00am				
26	200m Back	F	13-18 years	
27	50m Breast - PARA	М	13-18 years	
28	50m Free - PARA	F	13-18 years	
Victory Ceremony 26	200m Back	F	Various	
Victory Ceremony 27	50m Breast	М	Various	
29	200m IM - PARA	М	13-18 years	
30	400m Free - PARA	F	13-18 years	
Victory Ceremony 28	50m Free	F	Various	
Victory Ceremony 29	200m IM	М	Various	
Victory Ceremony 30	400m Free	F	4 Age Groups	
31	4x50 Free Relay	М	15 & Under	
32	4x50 Free Relay	F	15 & Under	
33-36	50 Back Skins	М	13-18 years	
37-40	50 Fly Skins	F	13-18 years	
Victory Ceremony 31	4x50 Free Relay	М	15 & Under	
Victory Ceremony 32	4x50 Free Relay	F	15 & Under	
Victory Ceremony	50 Back Skins	М	13-18 years	
Victory Ceremony	50 Fly Skins	F	13-18 years	



# Session 4 – Saturday 10 September 2016

Session 4 – Timed Finals			
Warm-up 3.00pm - 3.50pm Start 4.00pm			
41	200m IM - PARA	F	13-18 years
42	50m Free - PARA	М	13-18 years
43	50m Breast - PARA	F	13-18 years
Victory Ceremony 41	200m IM	F	Various
Victory Ceremony 42	50m Free	М	Various
Victory Ceremony 43	50m Breast	F	Various
44	200m Back	М	13-18 years
45	200m Fly	F	13-18 years
Victory Ceremony 44	200m Back	М	Various
Victory Ceremony 45	200m Fly	F	Various
46	100m Breast - PARA	М	13-18 years
47	4x50 Free Relay	F	16 & Over
48	4x50 Free Relay	М	16 & Over
Victory Ceremony 46	100m Breast	М	Various
Victory Ceremony 47	4x50 Free Relay	F	16 & Over
Victory Ceremony 48	4x50 Free Relay	М	16 & Over
49-52	50 Breast Skins	М	13-18 years
53-56	50 Free Skins	F	13-18 years
Victory Ceremony	50 Breast Skins	М	13-18 years
Victory Ceremony	50 Free Skins	F	13-18 years



# Session 5 – Sunday 11 September 2016

	Session 5 – Timed Fina	als	
Warm-up 8.00am - 8.50am Start 9.00am			
57	100m Back - PARA	М	13-18 years
58	100m Back - PARA	F	13-18 years
59	100m Fly - PARA	М	13-18 years
Victory Ceremony 57	100m Back	М	Various
Victory Ceremony 58	100m Back	F	Various
60	100m Breast - PARA	F	13-18 years
61	100m Free - PARA	М	13-18 years
Victory Ceremony 59	100m Fly	М	Various
Victory Ceremony 60	100m Breast	F	Various
62	100m Fly - PARA	F	13-18 years
63	4x50 Medley Relay	Х	15 & Under
64	4x50 Medley Relay	Х	16 & Over
Victory Ceremony 61	100m Free	М	Various
Victory Ceremony 62	100m Fly	F	Various
Victory Ceremony 63	4x50 Medley Relay	Х	15 & Under
Victory Ceremony 64	4x50 Medley Relay	Х	16 & Over
65-68	50 Breast Skins	F	13-18 years
69-72	50 Free Skins	М	13-18 years
Victory Ceremony	50 Breast Skins	F	13-18 years
Victory Ceremony	50 Free Skins	М	13-18 years