



**TOKYO**

## WHERE TO WATCH SWIMMING AT THE PARALYMPICS



Event	Athlete	NZT Time	Heat/Lane
<b>Wednesday 25 August</b>			
Men's 400m S9 Freestyle - Heats	Jesse Reynolds	12:00PM	Heat Lane
Men's 400m S9 Freestyle - Finals		8:00PM	
<b>Thursday 26 August</b>			
Women's 100m SB8 Breaststroke - Heats	Sophie Pascoe	2:01PM	Heat Lane
Women's 100m SB8 Breaststroke - Finals		10:40PM	
<b>Friday 27 August</b>			
Women's 100m S8 Backstroke - Finals	Tupou Neiufi	8:21PM	Heat Lane
<b>Monday 30 August</b>			
Men's 100m S9 Backstroke - Heats	Jesse Reynolds	12:00PM	Heat Lane
Women's 100m S9 Backstroke - Heats	Sophie Pascoe	12:15PM	Heat Lane
Men's 100m S9 Backstroke - Finals		8:14PM	
Women's 100m S9 Backstroke - Finals		8:21PM	
<b>Tuesday 31 August</b>			
Women's 100m S9 Freestyle - Heats	Sophie Pascoe	1:43PM	Heat Lane
Women's 100m S9 Freestyle - Finals		10:14PM	



## WHERE TO WATCH SWIMMING AT THE PARALYMPICS



Event	Athlete	NZT Time	Heat/Lane
<b>Wednesday 1 September</b>			
Women's 100m SB7 Breaststroke - Heats	Nikita Howarth	12:00PM	Heat Lane
Men's 200m SM9 IM - Heats	Jesse Reynolds	12:51PM	Heat Lane
Women's 200m SM9 IM - Heats	Sophie Pascoe	1:11PM	Heat Lane
Women's 50m S8 Freestyle - Heats	Tupou Neiufi	1:38PM	Heat Lane
Women's 100m SB7 Breaststroke - Finals		8:07PM	
Men's 200m SM9 IM - Finals		9:31PM	
Women's 200m SM9 IM - Finals		9:39PM	
Women's 50m S8 Freestyle - Final		10:36PM	
<b>Thursday 2 September</b>			
Men's 100m S9 Butterfly - Heats	Jesse Reynolds	12:33PM	Heat Lane
Women's 100m S9 Butterfly - Heats	Sophie Pascoe	12:42PM	Heat Lane
Men's 100m S9 Butterfly - Finals			
Women's 100m S9 Butterfly - Finals			
<b>Friday 3 September</b>			
Women's 50m S7 Butterfly - Heats	Nikita Howarth	12:53PM	Heat Lane
Women's 50m S7 Butterfly - Finals		9:04PM	