

# EVENT SCHEDULE

11 - 13 AUGUST 2023

**DAY 1**  
**Friday**  
11 August

## SESSION 1 | HEATS | 9.30

(W)	50M BREASTSTROKE
(M)	200M BACKSTROKE
(W)	100M BUTTERFLY
(M)	200M FREESTYLE
(W)	50M BACKSTROKE
(M)	50M BREASTSTROKE
(W)	200M FREESTYLE
(M)	100M BUTTERFLY
(W)	200M IM
MIXED	4X100M MEDLEY
(W)	800M FREESTYLE*
(M)	1500M FREESTYLE*

## SESSION 2 | FINALS | 18:00

(W)	50M BREASTSTROKE
(M)	200M BACKSTROKE
(W)	100M BUTTERFLY
(M)	200M FREESTYLE
(W)	800M FREESTYLE **
(W)	50M BACKSTROKE
(M)	50M BREASTSTROKE
(W)	200M FREESTYLE
(M)	100M BUTTERFLY
(W)	200M IM
(M)	1500M FREESTYLE **
MIXED	4X100M MEDLEY

\*Slowest Heats  
\*\*Fastest Heats

**DAY 2**  
**Saturday**  
12 August

## SESSION 1 | HEATS | 9.30

(W)	400M FREESTYLE
(M)	400M FREESTYLE
(W)	100M BREASTSTROKE
(M)	50M BACKSTROKE
(W)	200M BUTTERFLY
(M)	50M FREESTYLE
(W)	100M BACKSTROKE
(M)	200M BREASTSTROKE
(W)	50M FREESTYLE
(M)	200M BUTTERFLY
(W)	400M IM*
(M)	400M IM*

## SESSION 2 | FINALS | 18:00

(W)	100M BREASTSTROKE
(M)	50M BACKSTROKE
(W)	200M BUTTERFLY
(M)	50M FREESTYLE
(W)	400M FREESTYLE
(W)	100M BACKSTROKE
(M)	200M BREASTSTROKE
(W)	50M FREESTYLE
(M)	200M BUTTERFLY
(W)	400M IM**
(M)	400M IM**
(M)	400M FREESTYLE
SKINS	50M FREESTYLE

**DAY 3**  
**Sunday**  
13 August

## SESSION 1 | HEATS | 9.30

(W)	200M BREASTSTROKE
(M)	100M BACKSTROKE
(W)	50M BUTTERFLY
(M)	100M FREESTYLE
(W)	200M BACKSTROKE
(M)	100M BREASTSTROKE
(W)	100M FREESTYLE
(M)	50M BUTTERFLY
(M)	200M IM
MIXED	4X100M FREESTYLE*
(W)	1500M FREESTYLE*
(M)	800M FREESTYLE*

## SESSION 2 | FINALS | 18:00

(W)	200M BREASTSTROKE
(M)	100M BACKSTROKE
(W)	50M BUTTERFLY
(M)	100M FREESTYLE
(W)	1500M FREESTYLE **
(W)	200M BACKSTROKE
(M)	100M BREASTSTROKE
(W)	100M FREESTYLE
(M)	50M BUTTERFLY
(M)	200M IM
(M)	800M FREESTYLE **
MIXED	4X100M FREESTYLE