

Day	Heats Sessions		Finals Sessions	
	Warm Up Split	Session	Warm Up Mixed	Session
Thursday	Boys 7.30am - 8.10am	9.00am - 1.00pm	1.30pm - 4.45pm	5.00pm - 7.30pm
	Girls 8.10am - 8.50am			
Friday	Boys 7.30am - 8.10am	9.00am - 11.30am	1.30pm - 4.45pm	5.00pm - 7.30pm
	Girls 8.10am - 8.50am			
Saturday	Girls 7.30am - 8.10am	9.00am - 12.30pm	1.30pm - 4.45pm	5.00pm - 7.30pm
	Boys 8.10am - 8.50am			
Sunday	Girls 7.30am - 8.10am	9.00am - 11.45am	1.30pm - 2.45pm	3.00pm - 5.00pm
	Boys 8.10am - 8.50am			