

Day	Heats Sessions		Finals Sessions	
	Warn Up Split	Session	Warm Up Mixed	Session
Thursday	Boys 7.30am – 8.10am	9.00am – 1.00pm	3.30pm – 4.45pm	5.00pm – 7.30pm
	Girls 8.10am – 8.50am			
Friday	Boys 7.30am – 8.10am	9.00am – 11.30am	3.30pm – 4.45pm	5.00pm – 7.30pm
	Girls 8.10am – 8.50am			
Saturday	Girls 7.30am – 8.10am	9.00am – 12.30pm	3.30pm – 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			