



Day	Warm up Mixed	Session	Warm up Mixed	Session
	Heats		Finals	
Wednesday	8.00am – 9.15am	9.30am – 11.15am	4.00pm – 5.15pm	5.30pm – 7.00pm
Thursday	8.00am – 9.15am	9.30am – 11.15am	4.00pm – 5.15pm	5.30pm – 7.00pm
Friday	8.00am – 9.15am	9.30am – 11.15am	4.00pm – 5.15pm	5.30pm – 7.00pm
Saturday	8.00am – 9.15am	9.30am – 11.15am	4.00pm – 5.15pm	5.30pm – 7.00pm
Sunday	8.30am – 9.45am	10.00am – 11.45am	4.00pm – 5.15pm	5.30pm – 7.00pm