

**SATURDAY
3 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
12.30 – 14.30	Paid practice swimming		Palanuoto	Pool A	

**SUNDAY
4 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
8.00 - 19.00	Practice Swimming		Palanuoto	Pool B	
8.00 – 9.30	Practice Swimming		Palanuoto	Pool A	
10.00	800 freestyle	All	Palanuoto	Pool A	Female
12.30	800 freestyle	All	Palanuoto	Pool A	Male

**MONDAY
5 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 20.00	Practice Swimming		Palanuoto	Pool B	
9.00 - 13.30	Practice Swimming		Palanuoto	Pool A	
14.00	200 medley	All	Palanuoto	Pool A	Female
15.15	200 medley	All	Palanuoto	Pool A	Male
16.30	100 breaststroke	All	Palanuoto	Pool A	Female
17.15	100 breaststroke	All	Palanuoto	Pool A	Male

**TUESDAY
6 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 20.00	Practice Swimming		Palanuoto	Pool B	
9.00 – 11.30	Practice Swimming		Palanuoto	Pool A	
12.00	400 freestyle	All	Palanuoto	Pool A	Female
14.15	400 freestyle	All	Palanuoto	Pool A	Male
16.30	100 backstroke	All	Palanuoto	Pool A	Female
17.15	100 backstroke	All	Palanuoto	Pool A	Male
17.40	50 butterfly	All	Palanuoto	Pool A	Female
18.15	50 butterfly	All	Palanuoto	Pool A	Male
18.50	4x50 medley realy	All	Palanuoto	Pool A	Mixed

**WEDNESDAY
7 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 20.00	Practice Swimming		Palanuoto	Pool B	
9.00 - 13.30	Practice Swimming		Palanuoto	Pool A	
14.00	200 freestyle	All	Palanuoto	Pool A	Female
14.30	200 freestyle	All	Palanuoto	Pool A	Male
17.00	50 backstroke	All	Palanuoto	Pool A	Female
17.35	50 backstroke	All	Palanuoto	Pool A	Male
18.15	4x50 freestyle relay	All	Palanuoto	Pool A	Mixed

**THURSDAY
8 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 20.00	Practice Swimming		Palanuoto	Pool B	
9.00 - 13.30	Practice Swimming		Palanuoto	Pool A	
14.00	200 butterfly	All	Palanuoto	Pool A	Female
14.40	200 butterfly	All	Palanuoto	Pool A	Male
15.30	200 backstroke	All	Palanuoto	Pool A	Female
16.15	200 backstroke	All	Palanuoto	Pool A	Male
17.20	400 medley	All	Palanuoto	Pool A	Female
18.15	400 medley	All	Palanuoto	Pool A	Male

**FRIDAY
9 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 20.00	Practice Swimming		Palanuoto	Pool B	
9.00 - 13.30	Practice Swimming		Palanuoto	Pool A	
14.00	100 freestyle	All	Palanuoto	Pool A	Female
15.00	100 freestyle	All	Palanuoto	Pool A	Male
16.30	50 breastroke	All	Palanuoto	Pool A	Female
17.10	50 breastroke	All	Palanuoto	Pool A	Male
17.45	100 butterfly	All	Palanuoto	Pool A	Female
18.00	100 butterfly	All	Palanuoto	Pool A	Male
19.15	4x50 medley relay	All	Palanuoto	Pool A	Female / Male

**SATURDAY
10 AUGUST**

SWIMMING

Time	Discipline	Age Category	Field		Competition
9.00 – 18.00	Practice Swimming		Palanuoto	Pool B	
9.00 - 13.30	Practice Swimming		Palanuoto	Pool A	
14.00	200 breastroke	All	Palanuoto	Pool A	Female
14.50	200 breastroke	All	Palanuoto	Pool A	Male
15.45	50 freestyle	All	Palanuoto	Pool A	Female
16.45	50 freestyle	All	Palanuoto	Pool A	Male
17.30	4x50 freestyle relay	All	Palanuoto	Pool A	Female / Male