

## PROVISIONAL TIMING

DAY I a.m.	TIME		EVENTS		
Friday 25 June	7:30-8.45 a.m.	Warm-up I morning session			
	9:00	Timed Heats 6 <sup>th</sup> -5 <sup>th</sup>	100m backstroke	M	
	9:05	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	400m freestyle	M	
	9:15	Timed Heats 7 <sup>th</sup> -6 <sup>th</sup> -5 <sup>th</sup>	100m breaststroke	M	
	9:23	Timed Heats 7 <sup>th</sup> -6 <sup>th</sup> -5 <sup>th</sup>	100m fly	M	
	9:31	Timed Heats 7 <sup>th</sup> -6 <sup>th</sup> -5 <sup>th</sup>	50m freestyle	M	
	9:35	End I morning session			
	9:45-10:45	Warm-up II morning session			
	11:00	Timed Heats 6 <sup>th</sup> -5 <sup>th</sup>	50m backstroke	W	
	11:05	Timed Heats 7 <sup>th</sup> -6 <sup>th</sup>	200m freestyle	W	
	11:11	Timed Heats 6 <sup>th</sup> -5 <sup>th</sup>	100m breaststroke	W	
	11:16	Timed Heats 7 <sup>th</sup> -6 <sup>th</sup> -5 <sup>th</sup>	50m fly	W	
	11:21	Slow Heat	1500m freestyle	W	
	11:35 a.m.	End II morning session			
DAY I p.m.	TIME		EVENTS		
Friday 25 June	3:00-4:00 p.m.	Warm-up afternoon session			
	4:15	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	100m backstroke	M	
	4:20	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	50m backstroke	W	
	4:24	Timed Heat 3 <sup>rd</sup>	400m freestyle	M	
	4:29	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	200m freestyle	W	
	4:35	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	100m breaststroke	M	
	4:40	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	100m breaststroke	W	
	4:45	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	100m fly	M	
	4:50	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	50m fly	W	
	4:53	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	50m freestyle	M	
	4:56	End afternoon session			
	5:05-6:15	Warm-up evening session			
	6:30	Competitions start			
	6:34	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m backstroke	M	
	6:43	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	50m backstroke	W	
	6:49	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	400m freestyle	M	
	7:01	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup> -1 <sup>st</sup>	200m freestyle	W	
	7:10	Awards Ceremony	100m backstroke	M	
	7:15	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m breaststroke	M	
	7:22	Awards Ceremony	50m backstroke	W	
	7:27	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m breaststroke	W	
	7:34	Awards Ceremony	400m freestyle	M	
	7:39	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m fly	M	
	7:46	Awards Ceremony	200m freestyle	W	
	7:51	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	50m fly	W	
	7:57	Awards Ceremony	100m breaststroke	M	
		Awards Ceremony	100m breaststroke	M	
	8:05	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	50m freestyle	M	
	8:10	Awards Ceremony	100m fly	M	
	8:15	Fast Heat	1500m freestyle	W	
	8:35	Awards Ceremony	50m fly	W	
		Awards Ceremony	50m freestyle	M	
		Awards Ceremony	1500m freestyle	W	
	8:50 p.m.	End I Day Competitions			

DAY II a.m.	TIME		EVENTS		
<b>Saturday 26 June</b>	7:30-8.45 a.m.	Warm-up I morning session			
	9:00	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	100m fly	W	
	9:05	Timed Heat 5 <sup>th</sup>	100m backstroke	W	
	9:08	Timed Heat 3 <sup>rd</sup>	400m IM	W	
	9:14	Timed Heats 9 <sup>th</sup> -8 <sup>th</sup> -7 <sup>th</sup> -6 <sup>th</sup>	100m freestyle	W	
	9:23	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	50m breaststroke	W	
	9:26	Slow Heat	800m freestyle	W	
	9:35	End I morning session			
	9:45-10:45	Warm-up II morning session			
	11:00	Timed Heat 4 <sup>th</sup>	200m fly	M	
	11:03	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	50m backstroke	M	
	11:07	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	400m IM	M	
	11:18	Timed Heats 9 <sup>th</sup> -8 <sup>th</sup> -7 <sup>th</sup> -6 <sup>th</sup>	100m freestyle	M	
	11:26	Timed Heats 6 <sup>th</sup> -5 <sup>th</sup> -4 <sup>th</sup>	50m breaststroke	M	
	11:30	Slow Heat	800m freestyle	M	
	11:40 a.m.	End II morning session			
DAY II p.m.	TIME		EVENTS		
<b>Saturday 26 June</b>	3:00-4:00 p.m.	Warm-up afternoon session			
	4:15	Timed Heat 3 <sup>rd</sup>	100m fly	W	
	4:18	Timed Heat 3 <sup>rd</sup>	200m fly	M	
	4:21	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	100m backstroke	W	
	4:26	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup>	50m backstroke	M	
	4:30	Timed Heat 2 <sup>nd</sup>	400m IM	W	
	4:36	Timed Heat 2 <sup>nd</sup>	400m IM	M	
	4:41	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	100m freestyle	W	
	4:45	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	100m freestyle	M	
	4:49	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup>	50m breaststroke	W	
	4:52	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup>	50m breaststroke	M	
	4:55	End afternoon session			
	5:05-6:15	Warm-up evening session			
	6:30	Competitions start			
	6:34	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m fly	W	
	6:42	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	200m fly	M	
	6:51	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	100m backstroke	W	
	7:00	Timed Heat 1 <sup>st</sup>	50m backstroke	M	
	7:04	Awards Ceremony	100m fly	W	
	7:09	Timed Heat 1 <sup>st</sup>	400m IM	W	
	7:15	Timed Heat 1 <sup>st</sup>	400m IM	M	
	7:22	Awards Ceremony	200m fly	M	
		Awards Ceremony	100m backstroke	W	
	7:31	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup> -1 <sup>st</sup>	100m freestyle	W	
	7:40	Awards Ceremony	50m backstroke	M	
	7:45	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup> -1 <sup>st</sup>	100m freestyle	M	
	7:54	Awards Ceremony	400m IM	W	
	7:59	Timed Heat 1 <sup>st</sup>	50m breaststroke	W	
	8:03	Timed Heat 1 <sup>st</sup>	50m breaststroke	M	
	8:07	Awards Ceremony	400m IM	M	
		Awards Ceremony	100m freestyle	W	
	8:16	Fast Heat	800m freestyle	W	
	8:26	Awards Ceremony	100m freestyle	M	
	8:31	Fast Heat	800m freestyle	M	
	8:41	Awards Ceremony	50m breaststroke	W	
		Awards Ceremony	50m breaststroke	M	
		Awards Ceremony	800m freestyle	W	
		Awards Ceremony	800m freestyle	M	
	8:55 p.m.	End II Day Competitions			

DAY III a.m.	TIME		EVENTS		
Sunday 27 June	7:30-8.45 a.m.	Warm-up I morning session			
	9:00	Timed Heats 8 <sup>th</sup> -7 <sup>th</sup> -6 <sup>th</sup> -5 <sup>th</sup>	50m freestyle	W	
	9:07	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup> -3 <sup>rd</sup>	200m backstroke	W	
	9:16	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	200m fly	W	
	9:22	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup> -3 <sup>rd</sup>	200m breaststroke	W	
	9:32	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	400m freestyle	W	
	9:43	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	200m IM	W	
	9:50	End I morning session			
	10.00-11.00	Warm-up II morning session			
	11:15	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup> -3 <sup>rd</sup>	200m backstroke	M	
	11:25	Timed Heats 6 <sup>th</sup> -5 <sup>th</sup>	50m fly	M	
	11:28	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup> -3 <sup>rd</sup>	200m breaststroke	M	
	11:38	Timed Heats 8 <sup>th</sup> -7 <sup>th</sup> -6 <sup>th</sup>	200m freestyle	M	
	11:47	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup> -3 <sup>rd</sup>	200m IM	M	
	11:57	Slow Heat	1500m freestyle	M	
	12:15 p.m.	End II morning session			
DAY III p.m.	TIME		EVENTS		
Sunday 27 June	3:00-4:00 p.m.	Warm-up afternoon session			
	4:15	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	50m freestyle	W	
	4:18	Timed Heat 2 <sup>nd</sup>	200m backstroke	M	
	4:21	Timed Heat 2 <sup>nd</sup>	200m backstroke	W	
	4:25	Timed Heats 4 <sup>th</sup> -3 <sup>rd</sup>	50m fly	M	
	4:28	Timed Heat 2 <sup>nd</sup>	200m fly	W	
	4:31	Timed Heat 2 <sup>nd</sup>	200m breaststroke	M	
	4:34	Timed Heat 2 <sup>nd</sup>	200m breaststroke	W	
	4:38	Timed Heats 5 <sup>th</sup> -4 <sup>th</sup>	200m freestyle	M	
	4:43	Timed Heat 2 <sup>nd</sup>	400m freestyle	W	
	4:49	Timed Heat 2 <sup>nd</sup>	200m IM	M	
	4:52	Timed Heat 2 <sup>nd</sup>	200m IM	W	
	4:56	End afternoon session			
	5:05-6:15	Warm-up evening session			
	6:30	Competitions start			
	6:34	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	50m freestyle	W	
	6:39	Timed Heat 1 <sup>st</sup>	200m backstroke	M	
	6:44	Timed Heat 1 <sup>st</sup>	200m backstroke	W	
	6:49	Timed Heats 2 <sup>nd</sup> -1 <sup>st</sup>	50m fly	M	
	6:54	Awards Ceremony	50m freestyle	W	
	6:59	Timed Heat 1 <sup>st</sup>	200m fly	W	
	7:04	Awards Ceremony	200m backstroke	M	
	7:09	Timed Heat 1 <sup>st</sup>	200m breaststroke	M	
	7:14	Timed Heat 1 <sup>st</sup>	200m breaststroke	W	
	7:19	Awards Ceremony	200m backstroke	W	
	7:24	Timed Heats 3 <sup>rd</sup> -2 <sup>nd</sup> -1 <sup>st</sup>	200m freestyle	M	
	7:32	Awards Ceremony	50m fly	M	
	7:38	Timed Heat 1 <sup>st</sup>	400m freestyle	W	
	7:44	Awards Ceremony	200m fly	W	
	7:49	Timed Heat 1 <sup>st</sup>	200m IM	M	
	7:54	Awards Ceremony	200m breaststroke	M	
		Awards Ceremony	200m breaststroke	W	
	8:02	Timed Heat 1 <sup>st</sup>	200m IM	W	
	8:07	Awards Ceremony	200m freestyle	M	
		Awards Ceremony	400m freestyle	W	
	8:16	Fast Heat	1500m freestyle	M	
	8:34	Awards Ceremony	200m IM	M	
		Awards Ceremony	200m IM	W	
		Awards Ceremony	1500m freestyle	M	
		Awards Ceremony	Seven Hills Trophy		
		Awards Ceremony	Best Performers		
	8:50 p.m.	End of the Meet			