

2018 Pan Pac Trials, SA Aquatic and Leisure Centre

Pre-Meet Training Saturday, 30 June 2018			Day 1, Sunday 1 July 2018			Day 2, Monday 2 July 2018			Day 3, Tuesday 3 July 2018			Day 4, Wednesday 4 July 2018		
			Heats			Heats			Heats			Heats		
			1	400m Freestyle MC	M	14	50m Freestyle MC	W	29	200m Individual Medley MC	M	43	100m Freestyle MC	M
			2	400m Freestyle MC	W	15	50m Freestyle MC	M	30	200m Individual Medley MC	W	44	100m Freestyle MC	W
			3	100m Breaststroke	W	16	100m Freestyle	W	31	400m Freestyle	W	45	800m Free (Slow heat)	W
			4	100m Breaststroke	M	17	100m Freestyle	M	32	400m Freestyle	M	46	1500m Free (Slow Heat)	M
			5	200m Freestyle	W	18	200m Butterfly	W	33	100m Butterfly	W	47	200m Backstroke	W
			6	200m Freestyle	M	19	200m Butterfly	M	34	100m Butterfly	M	48	200m Backstroke	M
			7	200m Freestyle MC	M	20	100m Breaststroke MC	W	35	50m Breaststroke MC	M	49	50m Freestyle	W
			8	200m Freestyle MC	W	21	100m Breaststroke MC	M	36	50m Breaststroke MC	W	50	50m Freestyle	M
			9	400m Individual Medley	W	22	100m Backstroke	W	37	200m Individual Medley	W	51	100m Butterfly MC	W
			10	400m Individual Medley	M	23	100m Backstroke	M	38	200m Individual Medley	M	52	100m Butterfly MC	M
			11	50m Butterfly MC	M	24	100m Backstroke MC	M	39	50m Backstroke MC	M	53	200m Breaststroke	W
			12	50m Butterfly MC	W	25	100m Backstroke MC	W	40	50m Backstroke MC	W	54	200m Breaststroke	M
Finals			Finals			Finals			Finals			Finals		
57	800m Freestyle	M	1	400m Freestyle MC	M	14	50m Freestyle MC	W	29	200m Individual Medley MC	M	43	100m Freestyle MC	M
58	1500m Freestyle	W	2	400m Freestyle MC	W	15	50m Freestyle MC	M	30	200m Individual Medley MC	W	44	100m Freestyle MC	W
			3	100m Breaststroke	W	16	100m Freestyle	W	31	400m Freestyle	W	45	800m Free (Fast heat)	W
			4	100m Breaststroke	M	17	100m Freestyle	M	32	400m Freestyle	M	46	1500m Free (Fast Heat)	M
			5	200m Freestyle	W	18	200m Butterfly	W	33	100m Butterfly	W	47	200m Backstroke	W
			6	200m Freestyle	M	19	200m Butterfly	M	34	100m Butterfly	M	48	200m Backstroke	M
			7	200m Freestyle MC	M	20	100m Breaststroke MC	W	35	50m Breaststroke MC	M	49	50m Freestyle	W
			8	200m Freestyle MC	W	21	100m Breaststroke MC	M	36	50m Breaststroke MC	W	50	50m Freestyle	M
			9	400m Individual Medley	W	22	100m Backstroke	W	37	200m Individual Medley	W	51	100m Butterfly MC	W
			10	400m Individual Medley	M	23	100m Backstroke	M	38	200m Individual Medley	M	52	100m Butterfly MC	M
			11	50m Butterfly MC	M	24	100m Backstroke MC	M	39	50m Backstroke MC	M	53	200m Breaststroke	W
			12	50m Butterfly MC	W	25	100m Backstroke MC	W	40	50m Backstroke MC	W	54	200m Breaststroke	M
			13	4 x 100m Mixed Medley Relay	MX	26	150m Individual Medley MC	MX	41	4 x 100m Free Relay	W	55	4 x 100m Medley Relay	W
						27	4 x 200m Free Relay	W	42	4 x 100m Free Relay	M	56	4 x 100m Medley Relay	M
						28	4 x 200m Free Relay	M						

Medal events: All Para events, Mens 800m Free, Womens 1500m Free, All Relays

Mens 800m Free (57) & Womens 1500m Free (58) Timed Finals to be swum at 6.00pm following pre meet training on Saturday 30 June

B Finals will be conducted for all events which have 24 or more competitors contest the heats. B Finals will be swum immediately after the A Final

This competitor will be swum as an open event in 10 lanes and 2 visitors may progress to the finals. Any number of visitors can swim the B Finals

4 x 100m mixed medley relay: Swimmers must be from the same club and each team must consist of 2 females and 2 males.