

							Emily Seebohm	Minna Atherton	Gemma Cooney	Gabrielle Scudamore	Georgia Wells	Jared Gilliland	Joe Jackson	Brendan Cooke	Callum Williams	Alex Grant
Sat	16-Jun	8:30am	Event 1	Mens	1500m	Free										
Sat	16-Jun	8:30am	Event 2	Womens	1500m	Free										
Sat	16-Jun	8:30am	Event 3	Mens	200m	Choice									200m Fly	2x100m on 1:30
Sat	16-Jun	8:30am	Event 4	Womens	200m	Choice	2x100m on 1:30	2x100m on 1:30	2x100m on 1:30	2x100m on 1:30						
Sat	16-Jun	8:30am	Event 5	Mens	100m	Choice							100m Free	100m Free		100m Free
Sat	16-Jun	8:30am	Event 6	Womens	100m	Choice				100m Free	100m Breast					
Sat	16-Jun	8:30am	Event 7	Mens	400m	Choice									Push 400m @800m BES	Push 400m @800m BES
Sat	16-Jun	8:30am	Event 8	Womens	400m	Choice				Push 400m @800m BES						
Sat	16-Jun	8:30am	Event 9	Mens	50m	Choice							50m Fly	50m Free		
Sat	16-Jun	8:30am	Event 10	Womens	50m	Choice	50m Breast	50m Free	50m Fly		50m Breast					
Sat	16-Jun	9:30am	Event 11	Mens	100m	Choice							100m Free	100m Free		
Sat	16-Jun	9:30am	Event 12	Womens	100m	Choice	100m Back	100m Back	100m Free		100m Breast					
Sat	16-Jun	9:30am	Event 13	Mens	400m	Choice										400m Free
Sat	16-Jun	9:30am	Event 14	Womens	400m	Choice				400m Free						
Sat	16-Jun	9:30am	Event 15	Mens	50m	Choice					50m Breast		50m Fly	50m Free		
Sat	16-Jun	9:30am	Event 16	Womens	50m	Choice	50m Breast									
Sat	16-Jun	9:30am	Event 17	Mens	200m	Choice									200m Fly	
Sat	16-Jun	9:30am	Event 18	Womens	200m	Choice	2x100m on 1:40	2x100m on 1:40	2x100m on 1:40							
Sat	16-Jun	9:30am	Event 19	Mens	800m	Free										800m Free *depends on other results
Sat	16-Jun	9:30am	Event 20	Womens	800m	Free				800m Free *depends on other results						