## **EVENT SCHEDULE**

JULY 20			
Table   Tabl	IULY 20	1130am - 130pm	Lunch (RECC)
DAY   740am + 825am   25mm		6pm - 8pm	OPENING CEREMONIES
DAY   740am + 825am   25mm		730pm - 9pm	
930am - 1230pm   50m Freestyle (F)   400m Ind Medley (M) (TF)   50m Breaststroke (F)   50m Freestyle (M)   100m Freestyle (F)   100 Butterfly (M)   200m Backstroke (M)   800m Freestyle (F) (TF)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   100 Butterfly (M)   200m Backstroke (F)   50m Breaststroke (F)   200 Breaststroke (F)   50m Breaststroke (F)   50m Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   200 Breaststroke (M)   4x100m Medley Relay (F)   4x100m Medley Relay (F		6am - 8am	
930am - 1230pm   50m Freestyle (F)   400m Ind Medley (M) (TF)   50m Breaststroke (F)   50m Freestyle (M)   100m Freestyle (F)   100 Butterfly (M)   200m Backstroke (M)   800m Freestyle (F) (TF)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   100 Butterfly (M)   200m Backstroke (F)   50m Breaststroke (F)   200 Breaststroke (F)   50m Breaststroke (F)   50m Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   200 Breaststroke (M)   4x100m Medley Relay (F)   4x100m Medley Relay (F		740am - 825am	
A00m Ind Medley (M) (TF)	ONE	830am - 915am	
DAY ONE		930am - 1230pm	400m Ind Modloy (M.) (TE)
DAY ONE   HEATS   100 Butterfly (M)   100m Freestyle (F)   200 Breaststroke (F)   200 Breaststroke (M)   800m Freestyle (F) (TF)   4xi00m Medley Relay (M)   4xi00m Medley Relay (F)   50m Freestyle (F)   7xi00m Medley Relay (F)   4xi00m Medley Relay (F)   7xi00m - 825am   8xi00m - 19m   25m Buttefly (F)   1F   20m Ind Medley (M)   400m Ind Medley (M)   400m Ind Medley (F) (TF)   50m Butterfly (M)   100 Breaststroke (F)   100 Backstroke (F)   800m Freestyle (M) (TF)   4x50m Medley Relay (F)   4x50m Freestyle (F)			50m Breaststroke (F)
DAY ONE   HEATS   100m Freestyle (F)   100 Butterfly (M)   200 Breaststroke (F)   200 Breaststroke (M)   800m Freestyle (F) (TF)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   50m Breaststroke (F)   50m Freestyle (F)   50m Breaststroke (F)   50m Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (F)   4x100m Medley Relay (F)   4x100m Medley Relay (M)   4x100m Medley (F)   4x100m Medley (F)   4x100m Medley (F)   4x100m Medley (F)   7x10m Medley (F)   7x10			
DAY ONE   HEATS   100 Butterfly (M)   200m Backstroke (F)   200 Breaststroke (M)   800m Freestyle (F) (TF)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   4x100m Medley Relay (F)   1130am - 130pm   Lunch (RECC)   315pm - 415pm   Lunch (RECC)   50m Freestyle (F)   50m Freestyle (F)   50m Freestyle (F)   50m Freestyle (F)   100 Butterfly (M)   100m Freestyle (F)   200 Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (M)   4x100m Medley Relay (F)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   2x10m Breaststroke (M)   2x10m Medley (F) (TF)   2x10m Breaststroke (M)   2x10m Medley (F) (TF)   2x10m Medley (M)   2x10m Medley Relay (M)   2x10m Medl			
200 Breaststroke (M)   800m Freestyle (F) (TF)   4x100m Medley Relay (M)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   4x100m Hedley Relay (F)   4x100m Hedley Relay (F)   50m Breaststroke (F)   50m Freestyle (F)   50m Freestyle (F)   100 Butterfly (M)   100m Freestyle (F)   200 Breaststroke (F)   200 Breaststroke (F)   200 Breaststroke (M)   4x100m Medley Relay (M)   4x100m Medley (M)   4x100m		DAY ONE	
800m Freestyle (F) (TF)		HEATS	
4x100m Medley Relay (M)			
1130am - 130pm			
1130am - 130pm		_	4xIOOm Medley Relay (M)
315pm - 415pm		1170am 170am	Lunch (DECC)
March   Som   Som   Freestyle   From   Som   State   From   Som   State   From   Som   State   From   Som   State   State   From   Som   State   State   From   Som   State   Sta		315pm - 415pm	
DAY ONE   FINALS   100 Butterfly (M)   100 Butterfly (M)   200 Backstroke (F)   200 Breaststroke (F)   200 Breaststroke (M)   4x100m Medley Relay (F)   4x100m Medley Relay (F)   4x100m Medley Relay (F)   4x100m Medley Relay (M)   4x100m Medley Relay (F)   4x100m M			50m Freestyle (F)
DAY ONE FINALS			50m Breaststroke (F)
DAY ONE FINALS			
FINALS   200m Backstroke (F)   200 Breaststroke (M)   4x100m Medley Relay (F)   4x100m Medley Relay (M)   2x100m Medley Relay (M)   2x10			
200 Breaststroke (M)			100 Butterfly (M)
Axi00m Medley Relay (F)		FINALS	200m Backstroke (F)
Valid   Vali		_	
T30pm - 9pm			
DAY   740am - 825am   Breakfast (DAL)   740am - 825am   Warm Up A   830am - 915am   Warm Up B   930am - 1pm   25m Breaststroke (M)*TF   200m Ind Medley (M)   400m Ind Medley (F)(TF)   50m Butterfly (M)   100 Breaststroke (F)   800m Freestyle (M)   4x50m Medley Relay (F)   4x50m Medley Relay (M)   1130am - 130pm   Lunch (RECC)   315pm - 415pm   Warm Up   430pm - 630pm   200m Ind Medley (M)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Breaststroke (M)   4x50m Medley Relay (M)   4x50m Freestyle (F)   50 Breaststroke (M)   200 Butterfly (F)   200 Breestyle (M)   50 Breaststroke (M)   200 Butterfly (F)   200 Breestyle (M)   200 Butterfly (F)   200 Breestyle (M)   200 Bree		730nm <b>-</b> 9nm	
TWO	II II V 22	6am - 8am	
930am - 1pm 25m Breaststroke (M)*TF 25m Buttefly (F)* TF 200m Ind Medley (M) 400m Ind Medley (F)(TF) 50m Butterfly (M) 100 Breaststroke (F) 100 Backstroke (M) 200 Freestyle (F) 800m Freestyle (M) (TF) 4x50m Medley Relay (F) 4x50m Medley Relay (M) 1130am - 130pm Lunch (RECC) 315pm - 415pm Warm Up 430pm - 630pm 200m Ind Medley (M) 100 Breaststroke (F) 50m Butterfly (M) 200 Freestyle (F) 100 Backstroke (F) 50m Butterfly (M) 200 Freestyle Relay (M) 4x50m Medley Relay (F) 4x50m Medley Relay (F) 100 Backstroke (M) 4x50m Medley Relay (M) 4x200m Freestyle (F) 100 Backstroke (M) 25m Breakfast (DAL) 1130am - 130pm Dinner (DAL) 1130am - 130pm Warm Up A 830am - 915am Warm Up A Warm Up A 830am - 915am Warm Up A Warm Up B 930am - 1230pm 25m Breaststroke (F)*TF 25m Backstroke (M)*TF 400m Freestyle (M) 50 Backstroke (M) 200 Butterfly (F) 200 Backstroke (M) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)	DAY	740am - 825am	
DAY TWO   HEATS   DAY TWO   TO BY		830am - 915am	Warm Up B
DAY TWO HEATS  DAY TWO HEATS  DAY TWO HEATS  DOWN Freestyle (M)  100 Breaststroke (F) 100 Backstroke (M) 200 Freestyle (F) 800m Freestyle (M) (TF) 4x50m Medley Relay (F) 4x50m Medley Relay (M)  1130am - 130pm Lunch (RECC) 315pm - 415pm Warm Up 430pm - 630pm 200m Ind Medley (M) 100 Breaststroke (F) 50m Butterfly (M) 200 Freestyle (F) 100 Backstroke (M) 4x50m Medley Relay (F) 4x50m Medley Relay (F) 4x50m Medley Relay (M) 50 Backstroke (M) 200 Backstroke (M) 1130am - 130pm Three Basam Breakfast (DAL) 1130am - 130pm Dinner (DAL) 1130am - 130pm Dinner (DAL) 1130am - 130pm Table Marm Up A  Warm Up A  Warm Up B 930am - 1230pm 25m Breaststroke (M)* TF 400m Freestyle (M) 50 Backstroke (M) 200 Butterfly (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)		930am - 1pm	25m Breaststroke (M)*TF
DAY TWO HEATS  DAY TWO HEATS  DOBE BE A STROKE (F) 100 Backstroke (M) 200 Freestyle (M) 200 Freestyle (M) 200 Freestyle (M) 200 Freestyle (M) 4x50m Medley Relay (F) 4x50m Medley Relay (M)  1130am - 130pm 430pm - 630pm  DAY TWO FINALS  DAY			
DAY TWO   100 Breaststroke (F)   100 Breaststroke (M)   200 Freestyle (F)   800m Freestyle (M) (TF)   4x50m Medley Relay (F)   4x50m Medley Relay (M)   1130am - 130pm   Lunch (RECC)   315pm - 415pm   Warm Up   430pm - 630pm   200m Ind Medley (M)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Backstroke (M)   4x50m Medley Relay (M)   4x200m Freestyle Relay (M)   4x200m Freestyle Relay (M)   4x200m Freestyle Relay (M)   4x200m Freestyle (F)   100 Backstroke (M)   200 Freestyle (F)   100 Backstroke (M)   200 Freestyle (M)   1130am - 130pm   Dinner (DAL)   1130am - 1230pm   Dinner (DAL)   Din			
DAY TWO		_	
HEATS		DAY TWO	100 Proporterials (F)
200 Freestyle (F)   800m Freestyle (M) (TF)   4x50m Medley Relay (F)   4x50m Medley Relay (M)   1130am - 130pm   Lunch (RECC)   315pm - 415pm   Warm Up   430pm - 630pm   200m Ind Medley (M)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Backstroke (M)   4x50m Medley Relay (F)   4x50m Medley Relay (M)   4x200m Freestyle (Balay (M)   4x200m Freestyle (Balay (M)   4x30m Freestyle (M)   25m Backstroke (M)   TF   25m Backstroke (M)   TF   200m Freestyle (M)   50 Backstroke (M)   200 Butterfly (F)   200 Backstroke (M)   200 Backstroke (M)   4x50m Freestyle Relay (Mixed)			
BOOm Freestyle (M) (TF)		HILAIS	
130am - 130pm			800m Freestyle (M) (TF)
1130am - 130pm			4x50m Medley Relay (F)
SI5pm - 415pm			4x50m Medley Relay (M)
A30pm - 630pm   200m Ind Medley (M)   100 Breaststroke (F)   50m Butterfly (M)   200 Freestyle (F)   100 Backstroke (M)   4x50m Medley Relay (F)   4x50m Medley Relay (M)   4x200m Freestyle Relay (M) (TF)   730pm - 9pm   Dinner (DAL)   1130am - 130pm   Lunch (RECC or @activity)   730pm - 9pm   Dinner (DAL)   1130am - 825am   Breakfast (DAL)   200 Marm Up A   25m Breaststroke (F)* TF   25m Backstroke (M)* TF   400m Freestyle (M)   50 Backstroke (M)   200 Butterfly (F)   200 Backstroke (M)   200 Butterfly (F)   200 Backstroke (M)   4x50m Freestyle Relay (Mixed)   4x50m Freestyle Relay (Mixed)		1130am - 130pm	
DAY TWO FINALS		315pm - 415pm	
DAY TWO FINALS		430pm - 630pm	
DAY TWO FINALS		-	
THREE   DAY THREE   DAY THREE   DAY THREE   DAY THREE   DAY THREE   DAY THREE   Last of the first of the fi			
4x50ff Medley Relay (F)   4x50m Medley Relay (M)   4x200m Freestyle Relay (M)   4x200m Freestyle Relay (M) (TF)   730pm - 9pm   Dinner (DAL)   1130am - 130pm   Lunch (RECC or @activity)   730pm - 9pm   Dinner (DAL)   1130am - 825am   Breakfast (DAL)   24			
10		FINALS	
Table   Tabl			
Second		770	
1130am - 130pm	II II V 23		
Table   Tabl	70E1 23		Lunch (RECC or @activity)
## DAY THREE HEATS    DAY THREE HEATS   DAY THREE HEATS   DAY THREE HEATS			
## THREE 830am - 915am   Warm Up B   930am - 1230pm   25m Breaststroke (F)* TF   25m Backstroke (M)* TF   400m Freestyle (F)(TF)   200m Freestyle (M)   50 Backstroke (F)   50 Breaststroke (M)   200 Butterfly (F)   200 Backstroke (M)   4x50m Freestyle Relay (Mixed)	JULY 24		
930am - 1230pm 25m Breaststroke (F)* TF 25m Backstroke (M)* TF 400m Freestyle (F)(TF) 200m Freestyle (M) 50 Backstroke (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)	DAY		Warm Up A
25m Backstroke (M)* TF 400m Freestyle (F)(TF) 200m Freestyle (M) 50 Backstroke (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)	THREE		
DAY THREE HEATS  400m Freestyle (F)(TF) 200m Freestyle (M) 50 Backstroke (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)		930am - 1230pm	25m Breaststroke (F)* TF
DAY THREE HEATS  200m Freestyle (M) 50 Backstroke (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)		-	25m Backstroke (M)* IF
DAY THREE HEATS  50 Backstroke (F) 50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)			
50 Breaststroke (M) 200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)			
200 Butterfly (F) 200 Backstroke (M) 4x50m Freestyle Relay (Mixed)			
200 Backstroke (M) 4x50m Freestyle Relay (Mixed)		HEATS	
4x50m Freestyle Relay (Mixed)			200 Backstroke (M)
4x50m Medley Relay (Mixed)			4x50m Freestyle Relay (Mixed)
			4x50m Medley Relay (Mixed)

## RESULTS: dswsc2018.com/results WATCH ONLINE: dswsc2018.com/watch

JULY 25 DAY FOUF

JULY 26 DAY FIVE

JULY 27

	1130am - 130pm	Lunch (RECC)
	230pm - 330pm	Synchro Solo
	230pm - 330pm 330pm - 415pm	Warm Up
	430pm - 630pm	200m Freestyle (M)
		50 Backstroke (F)
		50 Breaststroke (M)
	DAY THREE	200 Butterfly (F)
	FINALS	200 Backstroke (M)
		4x200m Freestyle Relay (F) (TF)
		4x50m Medley Relay (Mixed)
		4x50m Freestyle Relay (Mixed)
	730pm - 9pm	Dinner (DAL)
5	6am - 8am	Breakfast (DAL)
5 Y R	740am - 825am 830am - 915am	Warm Up A
۲	930am - 1230pm	Warm Up B 25m Butterfly (M)* TF
	930am - 1230pm	25m Freestyle (F)* TF
		400m Freestyle (M) (TF)
		200m Ind Medley (F)
		100m Ind Medley (M)
	DAY FOLID	50m Butterfly (F)
	DAY FOUR HEATS	50m Backstroke (M)
	HEAIS	100m Backstroke (F)
		100m Breaststroke (M)
		1500m Freestyle(F)(TF)
		4x100m Freestyle Relay (M)
		4x100m Freestyle Relay (F)
	1130am - 130pm	Lunch (RECC)
	230pm - 330pm	Synchro Duet
	330pm - 415pm	Warm Up
	430pm - 630pm	200m Ind Medley (F)
		100m Ind Medley (M) 50m Butterfly (F)
	DAY FOUR	50m Backstroke (M) 100m Backstroke (E)
	- DAY FOUR - FINALS	100m Backstroke (F)
		100m Backstroke (F) 100m Breaststroke (M)
		100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M)
	FINALS	100m Backstroke (F) 100m Breaststroke (M)
6	730pm - 9pm 6am - 8am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL)
Υ	730pm - 9pm 6am - 8am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B
Υ	730pm - 9pm 6am - 8am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 1500m Freestyle (M) (TF)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breastroke (F) 1500m Freestyle (M)(TF) 4x50m Freestyle (M)(TF)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm DAY FIVE HEATS	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breastsroke (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breastsroke (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS  1130am - 130pm 330pm - 415pm 430pm - 630pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 200 Breaststroke (F) 1500m Freestyle (M)(TF) 4x50m Freestyle (M)(TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F) 100m Freestyle (M)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS  1130am - 130pm 330pm - 415pm 430pm - 630pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Breestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 1500m Freestyle Relay (F) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (M)
6 Y E	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS  1130am - 130pm 330pm - 415pm 430pm - 630pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Breestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 1500m Freestyle Relay (F) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (M)
Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS  1130am - 130pm 330pm - 415pm 430pm - 630pm	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 4x50m Freestyle Relay (M)
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Υ	730pm - 9pm 6am - 8am 740am - 825am 830am - 915am 930am - 1230pm  DAY FIVE HEATS  1130am - 130pm 330pm - 415pm 430pm - 630pm  DAY FIVE FINALS	100m Backstroke (F) 100m Breaststroke (M) 4x100m Freestyle Relay (M) 4x100m Freestyle Relay (F) Dinner (DAL) Breakfast (DAL) Warm Up A Warm Up B 25m Backstroke (F)* TF 25m Freestyle (M)* TF 100m Ind Medley (F) 100m Freestyle (M) 200 Breaststroke (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (F) 100m Ind Medley (F) 100m Ind Medley (F) 1500m Freestyle (M) (TF) 4x50m Freestyle Relay (F) 4x50m Freestyle Relay (M) Lunch (RECC) Warm Up 100m Ind Medley (F) 100m Freestyle (M) 100 Butterfly (F) 200m Butterfly (F) 200m Butterfly (M) 200 Breaststroke (F) 4x50m Freestyle Relay (M) 4x50m Freestyle Relay (M)

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