

SESSION 1 & 2

Saturday 10th January 2026

Arrival Time: 1:00pm

Warm Up Commences: 1:15pm

Start: 2.15pm

Estimated Finish: 4:45pm

Saturday 10th January 2026

Arrival Time: 4:45pm

Warm Up Commences: 5:00pm

Start: 6:00pm

Estimated Finish: 8:30pm

Event Number	Event
101	Mixed 400m Individual Medley
102	Open/Male 50m Backstroke
103	Female 50m Breaststroke
104	Open/Male 100m Butterfly
105	Female 200m Backstroke
106	Open/Male 200m Breaststroke
107	Female 100m Freestyle

Event Number	Event
201	Open/Male 200m Individual Medley
202	Female 100m Backstroke
203	Open/Male 50m Freestyle
204	Female 50m Butterfly
205	Open/Male 100m Breaststroke
206	Female 200m Freestyle
207	Open/Male 200m Butterfly

SESSION 3 & 4

Sunday 11th January 2026

Arrival Time: 8:45am

Warm Up Commences: 9:00am

Start: 10:00am

Estimated Finish: 12:30pm

Sunday 11th January 2026

Arrival Time: 12:45pm

Warm Up Commences: 1:00pm

Start: 2:00pm

Estimated Finish: 4:30pm

Event Number	Event
301	Mixed 400m Freestyle
302	Female 50m Backstroke
303	Open/Male 50m breaststroke
304	Female 100m Butterfly
305	Open/Male 200m Backstroke
306	Female 200m Breaststroke
307	Open/Male 100m Freestyle

Event Number	Event
401	Female 200m Individual Medley
402	Open/Male 100m Backstroke
403	Female 50m Freestyle
404	Open/Male 50m Butterfly
405	Female 100m Breaststroke
406	Open/Male 200m Freestyle
407	Female 200m Butterfly