

COMPETITION SCHEDULE	Day 1	Day 2	Day 3	Day 4	Day 5
	24 July 2017	25 July 2017	26 July 2017	27 July 2017	28 July 2017
	Heats	Heats	Heats	Heats	Heats
	09:00	09:00	09:00	09:00	09:00
Days 21-23 July Training sessions 09:00-12:0hrs 15:00-20:00hrs  Warming up 07:00-08:30 15:00-16:30h	200m Freestyle M 200m Butterfly W 100m Backstroke M 100m Backstroke W 100m Breaststroke M 400m Ind Med ley W 100m Butterfly M 4x100m Freestyle W 4x100m Freestyle M	400m Freestyle M 100m Freestyle W 50m Freestyle M 4x100m Medley Mixed 800m Freestyle W –slow heats	100m Breaststroke W 200m Backstroke W 200m Ind Medley M 400m Freestyle W 200m Breaststroke M 200m Ind Medley W	100m Freestyle M 100m Butterfly W 400m Ind Medley M 50m Freestyle W 4x100m Freestyle Mixed	200m Backstroke M 200m Breaststroke W 200m Butterfly M 200m Freestyle W 4x100m Med ley M 4x100m Medley W 1500m Free M – slow heats
	<b>Semi &amp; Finals</b>	<b>Semi &amp; Finals</b>	<b>Semi&amp;Finals</b>	<b>Semi&amp;Finals</b>	<b>Finals</b>
	17:00	17:00	17:00	17:00	16:00
Team Leader Meeting Day  Officals Meeting Day  Opening Ceremony Day	200m Freestyle M 200m Butterfly W 100m Backstroke M -SF 100m Backstroke W -SF 100m Breaststroke M -SF 400m Ind Medley W 100m Butterfly M -SF 4x100m Freestyle W 4x100m Freestyle M	400m Freestyle M 100m Freestyle W -SF 100m Backstroke M 50m Freestyle M -SF 100m Breaststroke M 100m Backstroke W 100m Butterfly M 800m Freestyle W-fastest heat 4x100m Medley Mixed	100m Freestyle W 200m Backstroke W 200m Breaststroke M 100m Breaststroke W -SF 200m Ind Medley M 400m Freestyle W 50m Freestyle M 200m Ind Medley W	100m Freestyle M -SF 100m Breaststroke W 50m Freestyle W -SF 100m Butterfly W -SF 400m Ind Medley M 4x100m Freestyle Mixed	100m Freestyle M 200m Breaststroke W 200m Butterfly M 50m Freestyle W 200m Backstroke M 100m Butterfly W 1500m Freestyle M –fastest heat 200m FreestyleW 4x100m Medley M 4x100m Medley W
Semifinals	4	2	1	3	0
Finals	3	6	7	2	8
Relays	2	1	0	1	2
Victory Ceremonies	5	7	7	3	10