

# 2023 Long Course Championships

## Event Schedule

### Morning Sessions

Friday 1 <sup>st</sup> December				Saturday 2 <sup>nd</sup> December				Sunday 3 <sup>rd</sup> December			
Session 1				Session 3				Session 5			
Warm Up 7.30am – 8.15am				Warm Up 7.30am – 8.15am				Warm Up 7.30am – 8.15am			
Start Time 8.20am				Start Time 8.20am				Start Time 8.20am			
1	200 IM	F	HEAT	11	800 Free	M	T/F	23	1500 Free	M	T/F
	200 IM MC	F	HEAT	12	800 Free	F	T/F	24	1500 Free	F	T/F
2	50 Back	M	HEAT	13	200 IM	M	HEAT	25	100 Back	M	HEAT
	50 Back MC	M	HEAT		200 IM MC	M	HEAT		100 Back MC	M	HEAT
3	50 Back	F	HEAT	14	100 Free	F	HEAT	26	100 Back	F	HEAT
	50 Back MC	F	HEAT		100 Free MC	F	HEAT		100 Back MC	F	HEAT
4	100 Breast	M	HEAT	15	100 Free	M	HEAT	27	200 Fly	M	HEAT
	100 Breast MC	M	HEAT		100 Free MC	M	HEAT	28	200 Fly	F	HEAT
5	100 Breast	F	HEAT	16	200 Back	F	HEAT	29	50 Free	M	HEAT
	100 Breast MC	F	HEAT	17	200 Back	M	HEAT		50 Free MC	M	HEAT
6	50 Fly	M	HEAT	18	50 Breast	F	HEAT	30	50 Free	F	HEAT
	50 Fly MC	M	HEAT		50 Breast MC	F	HEAT		50 Free MC	F	HEAT
7	50 Fly	F	HEAT	19	50 Breast	M	HEAT	31	200 Breast	M	HEAT
	50 Fly MC	F	HEAT		50 Breast MC	M	HEAT	32	200 Breast	F	HEAT
8	200 Free	M	HEAT	20	100 Fly	F	HEAT				
	200 Free MC	M	HEAT		100 Fly MC	F	HEAT				
9	200 Free	F	HEAT	21	100 Fly	M	HEAT				
	200 Free MC	F	HEAT		100 Fly MC	M	HEAT				

Revised 23 march 2023



# 2023 Long Course Championships

## Event Schedule

### Evening Sessions

Friday 1 <sup>st</sup> December				Saturday 2 <sup>nd</sup> December				Sunday 3 <sup>rd</sup> December			
Session 2				Session 4				Session 6			
Warm Up 3.00pm – 3.45pm				Warm Up 3.00pm – 3.45pm				Warm Up 3.00pm – 3.45pm			
Start 3.50pm				Start 3.50pm				Start 3.50pm			
10	400 Free	M	T/F	22	400 Free	F	T/F	33	400 IM	M	T/F
110	400 Free MC	M	T/F	122	400 Free MC	F	T/F	34	400 IM	F	T/F
1	200 IM	F	FINAL	13	200 IM	M	FINAL	25	100 Back	M	FINAL
101	200 IM MC	F	FINAL	113	200 IM MC	M	FINAL	125	100 Back MC	M	FINAL
2	50 Back	M	FINAL	14	100 Free	F	FINAL	26	100 Back	F	FINAL
102	50 Back MC	M	FINAL	114	100 Free MC	F	FINAL	126	100 Back MC	F	FINAL
3	50 Back	F	FINAL	15	100 Free	M	FINAL	27	200 Fly	M	FINAL
103	50 Back MC	F	FINAL	115	100 Free MC	M	FINAL	28	200 Fly	F	FINAL
4	100 Breast	M	FINAL	16	200 Back	F	FINAL	29	50 Free	M	FINAL
104	100 Breast MC	M	FINAL	17	200 Back	M	FINAL	129	50 Free MC	M	FINAL
5	100 Breast	F	FINAL	18	50 Breast	F	FINAL	30	50 Free	F	FINAL
105	100 Breast MC	F	FINAL	118	50 Breast MC	F	FINAL	130	50 Free MC	F	FINAL
6	50 Fly	M	FINAL	19	50 Breast	M	FINAL	31	200 Breast	M	FINAL
106	50 Fly MC	M	FINAL	119	50 Breast MC	M	FINAL	32	200 Breast	F	FINAL
7	50 Fly	F	FINAL	20	100 Fly	F	FINAL				
107	50 Fly MC	F	FINAL	120	100 Fly MC	F	FINAL				
8	200 Free	M	FINAL	21	100 Fly	M	FINAL				
108	200 Free MC	M	FINAL	121	100 Fly MC	M	FINAL				
9	200 Free	F	FINAL								
109	200 Free MC	F	FINAL								

