

# 2024 Long Course Championships

## Event Schedule

Morning Sessions

Friday 6 <sup>th</sup> December				Saturday 7 <sup>th</sup> December				Sunday 8 <sup>th</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	50 Back	M	HEAT	11	100 Free	M	HEAT	23	200 Fly	M	HEAT
	50 Back MC	M	HEAT		100 Free MC	M	HEAT	24	200 Fly	F	HEAT
2	50 Back	F	HEAT	12	100 Free	F	HEAT	25	50 Breast	M	HEAT
	50 Back MC	F	HEAT		100 Free MC	F	HEAT		50 Breast MC	M	HEAT
3	100 Breast	M	HEAT	13	200 Breast	M	HEAT	26	50 Breast	F	HEAT
	100 Breast MC	M	HEAT	14	200 Breast	F	HEAT		50 Breast MC	F	HEAT
4	100 Breast	F	HEAT	15	100 Fly	M	HEAT	27	100 Back	M	HEAT
	100 Breast MC	F	HEAT		100 Fly MC	M	HEAT		100 Back MC	M	HEAT
5	200 Free	M	HEAT	16	100 Fly	F	HEAT	28	100 Back	F	HEAT
	200 Free MC	M	HEAT		100 Fly MC	F	HEAT		100 Back MC	F	HEAT
6	200 Free	F	HEAT	17	200 Back	M	HEAT	29	50 Free	M	HEAT
	200 Free MC	F	HEAT	18	200 Back	F	HEAT		50 Free MC	M	HEAT
7	50 Fly	M	HEAT	19	400 Free	M	T/F	30	50 Free	F	HEAT
	50 Fly MC	M	HEAT	20	400 Free	F	T/F		50 Free MC	F	HEAT
8	50 Fly	F	HEAT	119	400 Free MC	M	T/F	31	1500 Free	M	T/F
	50 Fly MC	F	HEAT	120	400 Free MC	F	T/F	32	1500 Free	F	T/F
9	200 IM	M	HEAT								
	200 IM MC	M	HEAT								
10	200 IM	F	HEAT								
	200 IM MC	F	HEAT								

Revised 10 July 2024



# 2024 Long Course Championships

## Event Schedule

Evening Sessions

Friday 6 <sup>th</sup> December				Saturday 7 <sup>th</sup> December				Sunday 8 <sup>th</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			
1	50 Back	M	FINAL	11	100 Free	M	FINAL	23	200 Fly	M	FINAL
2	50 Back	F	FINAL	12	100 Free	F	FINAL	24	200 Fly	F	FINAL
101	50 Back MC	M	FINAL	111	100 Free MC	M	FINAL	25	50 Breast	M	FINAL
102	50 Back MC	F	FINAL	112	100 Free MC	F	FINAL	26	50 Breast	F	FINAL
3	100 Breast	M	FINAL	13	200 Breast	M	FINAL	125	50 Breast MC	M	FINAL
4	100 Breast	F	FINAL	14	200 Breast	F	FINAL	126	50 Breast MC	F	FINAL
103	100 Breast MC	M	FINAL	15	100 Fly	M	FINAL	27	100 Back	M	FINAL
104	100 Breast MC	F	FINAL	16	100 Fly	F	FINAL	28	100 Back	F	FINAL
5	200 Free	M	FINAL	115	100 Fly MC	M	FINAL	127	100 Back MC	M	FINAL
6	200 Free	F	FINAL	116	100 Fly MC	F	FINAL	128	100 Back MC	F	FINAL
105	200 Free MC	M	FINAL	17	200 Back	M	FINAL	33	400 IM	M	T/F
106	200 Free MC	F	FINAL	18	200 Back	F	FINAL	34	400 IM	F	T/F
7	50 Fly	M	FINAL	21	800 Free	M	T/F	29	50 Free	M	FINAL
8	50 Fly	F	FINAL	22	800 Free	F	T/F	30	50 Free	F	FINAL
107	50 Fly MC	M	FINAL					129	50 Free MC	M	FINAL
108	50 Fly MC	F	FINAL					130	50 Free MC	F	FINAL
9	200 IM	M	FINAL								
10	200 IM	F	FINAL								
109	200 IM MC	M	FINAL								
110	200 IM MC	F	FINAL								

Revised 10 July 2024

