

S A Nationals and S A Junior Nationals Daily Time Schedule

This schedule is subject to changes if necessary

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
07:30 W 400 IM	08:30 M 200 FREE	08:30 W 200 BREAST	07:30 MC W&M 50 FLY	08:30 W 800 FREE SLOWEST FINAL 17 & OVER	08:30 M 1500 FREE SLOWEST OPEN FINAL
08:00 MC M&W 50 FREE	09:57 MC M&W 100 BACK	09:10 MC W&M 100 FLY	07:40 M 50 BREAST	08:50 MC M&W 100 FREE	09:00 M 200 IM
08:10 W 200 FREE	10:10 M 100 BREAST	09:20 W 50 FLY	08:05 M 100 FLY	09:00 W 50 BACK	10:15 JUNIOR WOMEN WARM UP
09:10 W 50 BREAST	10:40 M 400 IM	09:55 JUNIOR MEN WARM UP	09:00 MC W&M 100 BREAST	09:30 W 200 FLY	10:45 OPEN WOMEN WARM UP
09:30 MC M&W 50 BREAST	11:25 JUNIOR WOMEN WARM UP	10:30 OPEN MEN WARM UP	09:10 M 800 FREE slowest TF 17 & OVER	09:45 MC M&W 50 BACK	11:30 MC W&M 200 IM
09:40 W 100 FLY	11:55 OPEN WOMEN WARM UP	11:15 M 200 FLY	09:30 JUNIOR WOMEN WARM UP	10:00 JUNIOR MEN WARM UP	11:45 W 400 FREE 4 FASTEST HEATS + 17 & OVER
10:10 JUNIOR MEN WARM UP	12:30 W 50 FREE	M 50 BACKSTROKE	10:00 WOMEN WARM UP	10:30 MEN WARM UP	
10:25 OPEN MEN WARM UP	W 100 BACK	M 100 FREE	10:45 W 200 BACK	11:15 M 200 BACK	
11:00 M 400 FREE (4 FASTEST HEATS + 17 & OVER )			W 100 FREE	12:20 M 50 FREE	
11:20 M 50 FLY			W 200 IM		
12:00 M 100 BACK			W 100 BREAST		
12:40 M 200 BREAST					
13:30 JUNIOR WARM UP					
14:00 W 400 IM	15:00 M 200 FREE	15:00 M 200 FLY	15:00 W 200 BACK	15:00 W 800 FREE TF	14:00 M 200 IM
14:30 M 400 FREE TIMED Finals	W 50 FREE	W 200 BREAST	M 50 BREAST	M 200 BACK	14:25 W 400 FREE TF (+/- 10 TF)
15:50 W 200 FREE	M 100 BREAST	M 50 BACKSTROKE	M 100 FREE	M 50 BACK	15:15 M1500 FREE T F (+/- 6 TF)
16:05 M 50 FLY	W 100 BACK	W 50 FLY	M 100 FLY	M 50 FREE	17:15
16:15 W 50 BREAST	M 400 IM	M 100 FREE	W 200 IM	W 200 FLY	
16:25 M 100 BACK		W 1500 FREE TF	M 800 FREE TF		
16:40 W 100 FLY			W 100 BREAST		
16:55 200 BREAST					
17:15 SENIOR WARM UP					17:15 SENIOR WARM UP
18:00 W 400 IM	18:00 M 200 FREE	18:00 M 200 FLY	18:00 W 200 BACK	18:00 W 800 FREE TF	18:00 MC W&M 200 IM
18:10 M 400 FREE	W 50 FREE	W 200 BREAST	M 50 BREAST	M 200 BACK	M 1500 FREE
18:20 MEDALS	MEDALS	MEDALS	MC W&M 50 FLY	MC M&W 100 FREE	W 400 FREE
18:30 MC M&W 50 FREE	MC M&W 100 BACK	M 50 BACKSTROKE	MEDALS	MEDALS	MEDALS
18:35 W 200 FREE	M 100 BREAST	MEDALS	W 100 FREE	W 50 BACK	M 200IM
18:40 MEDALS	MEDALS	MC M&W 100 FLY	MEDALS	MEDALS	MEDALS
18:50 M 50 FLY	W 100 BACK	W 50 FLY	M 100 FLY	M 50 FREE	W 4 X 100 MEDLEY
18:55 MEDALS	MEDALS	MEDALS	MC W&M 100 BREAST	MC M&W 50 BACK	M 4 X 100 MEDLEY
19:05 W 50 BREAST	W 100 BACK	M 100 FREE	MEDALS	MEDALS	MEDALS
19:10 MC M&W 50 BREAST	MEDALS	MEDALS	W 200 IM	W 200 FLY	
19:15 MEDALS	M 400 IM	W 1500 FREE	MEDALS	MEDALS	
19:25 M 100 BACK	MEDALS	MEDALS	M 800 FREE TF fastest final	MIXED 4X100 MED	
19:35 MEDALS	W 4X100 FREE	M 4x200 FREE	MEDALS	MEDALS	
19:45 W 100 FLY	MEDALS	MEDALS	W 100 BREAST		
19:50 MEDALS	M 4X100 FREE	W 4 X 50 FREE	MEDALS		
20:00 M 200 BREAST	MEDALS	MEDALS	W 4x200 FREE		
20:05 MEDALS			MEDALS		
20:15 Mixed 4 x 100 Free Relay			M 4 X 50 FREE		
20:20 MEDALS			MEDALS		