

2022 S A Nationals Program and SA JNR Champs Including Para Swimming Events																	
	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday	
EVT	DAY 1 6 April		EVT	DAY 2 7 April		EVT	DAY 3 8 April		EVT	DAY 4 9 April		EVT	DAY 5 10 April		EVT	DAY 6 11 April	
NO	Heats: 09.30		NO	Heats: 09.30		NO	Heats: 09.30		NO	Heats: 09.30		NO	Heats: 09.30		NO	Heats: 09.30	
101	W 400 IM		201	M 200 Free		301	M 200 Fly		401	W 200 Back		501	W 800 Free		601	M 1500 Free	
102	M 400 Free		202	W 50 Free		302	W 200 Breast		402	M 50 Breast		502	M 200 Back		602	W 400 Free	
103	M S14&15 50 Fr		203	M S14&15 100 Back		303	M 50 Back		403	W S14&15 50 Fly		503	M S14&15 100 Free		603	W S14&15 200 IM	
104	M S1-13 50 Fr		204	M S1-13 100 Back		304	W S14&15 100 Fly		404	W S1-13 50 Fly		504	M S1-13 100 Free		604	W S1-13 200 IM	
105	W S14&15 50 Fr		205	W S14&15 100 Back		305	W S1-13 100 Fly		405	M S14&15 50 Fly		505	W S14&15 100 Free		605	M S14&15 200 IM	
106	W S1-13 50 Fr		206	W S1-13 100 Back		306	M S14&15 100 Fly		406	M S1-13 50 Fly		506	W S1-13 100 Free		606	M S1-13 200 IM	
107	W 200 Free		207	M 100 Breast		307	M S1-13 100 Fly		407	W 100 Free		507	W 50 Back		607	M 200 IM	
108	M 50 Fly		208	W 100 Back		308	W 50 Fly		408	M 100 Fly		508	M 50 Free		608	W 4x100 Medley	
109	W 50 Breast		209	M 400 IM		309	M 100 Free		409	W S14&15 100 Breast		509	M S14&15 50 Back		609	M 4x100 Medley	
110	M S14&15 50 Breast		210	W 4x100 Free		310	W 1500 Free		410	W S1-13 100 Breast		510	M S1-13 50 Back				
111	M S1-13 50 Breast		211	M 4x100 Free		311	M 4x200 Free		411	M S14&15 100 Breast		511	W S14&15 50 Back				
112	W S14&15 50 Breast					312	W 4 x 50 Free		412	M S1-13 100 Breast		512	W S1-13 50 Back				
113	W S1-13 50 Breast								413	W 200 IM		513	W 200 Fly				
114	M 100 Back								414	M 800 Free		514	Mixed 4 x 100 Med				
115	W 100 Fly								415	W 100 Breast							
116	M 200 Breast								416	W 4 x 200 Free							
117	Mixed 4x100 Free								417	M 4 x 50 Free							

	Finals 18.00			Finals 18.00			Finals 18.00			Finals 18.00			Finals 18.00			Finals 18.00	
101	W 400 IM		201	M 200 Free		301	M 200 Fly		401	W 200 Back		501	W 800 Free		601	M 1500 Free	
102	M 400 Free		202	W 50 Free		302	W 200 Breast		402	M 50 Breast		502	M 200 Back		602	W 400 Free	
103	M S14&15 50 Fr		203	M S14&15 100 Back		303	M 50 Back		403	W S14&15 50 Fly		503	M S14&15 100 Free		603	W S14&15 200 IM	
104	M S1-13 50 Fr		204	M S1-13 100 Back		304	W S14&15 100 Fly		404	W S1-13 50 Fly		504	M S1-13 100 Free		604	W S1-13 200 IM	
105	W S14&15 50 Fr		205	W S14&15 100 Back		305	W S1-13 100 Fly		405	M S14&15 50 Fly		505	W S14&15 100 Free		605	M S14&15 200 IM	
106	W S1-13 50 Fr		206	W S1-13 100 Back		306	M S14&15 100 Fly		406	M S1-13 50 Fly		506	W S1-13 100 Free		606	M S1-13 200 IM	
107	W 200 Free		207	M 100 Breast		307	M S1-13 100 Fly		407	W 100 Free		507	W 50 Back		607	M 200 IM	
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