



# South Island Long Course Championships

## Event Schedule

Day 1 Warm up 7.30am, starts 8.30am					Day 2 Warm up 7.30am, starts 8.30am					Day 3 Warm up 7.30am, starts 8.30am				
1	P	200 IM		M	17	TF	800 Free		F	30	TF	1500 Free		M
2	P	200 IM		F	18	P	400 IM		M	31	P	400 IM		F
3	P	400 Free		M	19	P	100 Fly		F	32	P	200 Back		M
4	P	400 Free		F	20	P	100 Fly		M	33	P	200 Back		F
5	P	100 Back (incl Para)		M	21	TF	800 Free		M	34	TF	1500 Free		F
6	P	100 Back (incl Para)		F	22	P	200 Breast		F	35	P	100 Breast (incl Para)		M
7	P	200 Fly		M	23	P	200 Breast		M	36	P	100 Breast (incl Para)		F
8	P	200 Fly		F	24	P	50 Free (incl Para)		F	37	P	200 Free		M
9	P	100 Free (incl Para)		M	25	P	50 Free (incl Para)		M	38	P	200 Free		F
10	P	100 Free (incl Para)		F										
Warm up 3.00pm, starts 4.00pm					Warm up 3.00pm, starts 4.00pm					Warm up 3.00pm, starts 4.00pm				
1	F	200 IM	13-14 15 & O OPEN	M M M	17	TF	800 Free <i>Fastest 8</i>	13 & over	F	30	TF	1500 Free <i>Fastest 8</i>	13 & over	M
2	F	200 IM	13-14 15 & O OPEN	F F F	18	F	400 IM	13-14 15 & O OPEN	M M M	31	F	400 IM	13-14 15 & O OPEN	F F F
3	F	400 Free	13-14 15 & O OPEN	M M M	203	F	50 Back	Para	MIX	39	TF	50 Fly	13 & over	M
4	F	400 Free	13-14 15 & O OPEN	F F F	26	TF	50 Back	13 & over	F	40	TF	50 Fly	13 & over	F
201	F	100 Back	PARA	MIX	27	TF	50 Back	13 & over	M	32	F	200 Back	13-14 15 & O OPEN	M M M
5	F	100 Back	13-14 15 & O OPEN	M M M	19	F	100 Fly	13-14 15 & O OPEN	F F F	33	F	200 Back	13-14 15 & O OPEN	F F F
6	F	100 Back	13-14 15 & O OPEN	F F F	20	F	100 Fly	13-14 15 & O OPEN	M M M	34	TF	1500 Free <i>Fastest 8</i>	13 & over	F
11	TF	50 Breast	13 & over	M	21	TF	800 Free <i>Fastest 8</i>	13 & over	M	205	F	100 Breast	PARA	MIX
12	TF	50 Breast	13 & over	F	22	F	200 Breast	13-14 15 & O OPEN	F F F	35	F	100 Breast	13-14 15 & O OPEN	M M M
7	F	200 Fly	13-14 15 & O OPEN	M M M	23	F	200 Breast	13-14 15 & O OPEN	M M M	36	F	100 Breast	13-14 15 & O OPEN	F F F
8	F	200 Fly	13-14 15 & O OPEN	F F F	204	F	50 Free	Para	MIX	37	f	200 Free	13-14 15 & O OPEN	M M M
202	F	100 Free	PARA	MIX	24	F	50 Free	13-14 15 & O OPEN	F F F	38	F	200 Free	13-14 15 & O OPEN	F F F
9	F	100 Free	13-14 15 & O OPEN	M M M	25	F	50 Free	13-14 15 & O OPEN	M M M	41	15&U 200 Mystery Medley			M
10	F	100 Free	13-14 15 & O OPEN	F F F	28	15&U Adam & Eve Relay			MIX	42	15&U 200 Mystery Medley			F
13	15&U Medley Skins			M	29	16&O Adam & Eve Relay			MIX	43	16&O 200 Mystery Medley			M
14	15&U Medley Skins			F						44	16&O 200 Mystery Medley			F
15	16&O Medley Skins			M										
16	16&O Medley Skins			F										