

2023 Long Course Championships

Event Schedule

Saturday 21 January				Sunday 22 January				Monday 23 January			
Session 1				Session 3				Session 5			
1	200 IM	F	HEAT	11	800 Free	M	T/F	23	1500 Free	M	T/F
2	50 Back	M	HEAT	12	800 Free	F	T/F	24	1500 Free	F	T/F
3	50 Back	F	HEAT	13	200 IM	M	HEAT	25	100 Back	M	HEAT
4	100 Breast	M	HEAT	14	100 Free	F	HEAT	26	100 Back	F	HEAT
5	100 Breast	F	HEAT	15	100 Free	M	HEAT	27	200 Fly	M	HEAT
6	50 Fly	M	HEAT	16	200 Back	F	HEAT	28	200 Fly	F	HEAT
7	50 Fly	F	HEAT	17	200 Back	M	HEAT	29	50 Free	M	HEAT
8	200 Free	M	HEAT	18	50 Breast	F	HEAT	30	50 Free	F	HEAT
9	200 Free	F	HEAT	19	50 Breast	M	HEAT	31	200 Breast	M	HEAT
				20	100 Fly	F	HEAT	32	200 Breast	F	HEAT
				21	100 Fly	M	HEAT				
Session 2				Session 4				Session 6			
10	400 Free	M	T/F	22	400 Free	F	T/F	33	400 IM	M	T/F
1	200 IM	F	FINAL	13	200 IM	M	FINAL	34	400 IM	F	T/F
2	50 Back	M	FINAL	14	100 Free	F	FINAL	25	100 Back	M	FINAL
3	50 Back	F	FINAL	15	100 Free	M	FINAL	26	100 Back	F	FINAL
4	100 Breast	M	FINAL	16	200 Back	F	FINAL	27	200 Fly	M	FINAL
5	100 Breast	F	FINAL	17	200 Back	M	FINAL	28	200 Fly	F	FINAL
6	50 Fly	M	FINAL	18	50 Breast	F	FINAL	29	50 Free	M	FINAL
7	50 Fly	F	FINAL	19	50 Breast	M	FINAL	30	50 Free	F	FINAL
8	200 Free	M	FINAL	20	100 Fly	F	FINAL	31	200 Breast	M	FINAL
9	200 Free	F	FINAL	21	100 Fly	M	FINAL	32	200 Breast	F	FINAL

