



7. COMPETITION PROGRAMS

Swimming Program (draft)

Day 1			Day 2			Day 3			Day 4		
Tuesday 26 June 2018			Wednesday 27 June 2018			Thursday 28 June 2018			Friday 29 June 2018		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm up 7.30am - 8.45am, 9am start			Warm up 7.30am - 8.45am, 9am start			Warm up 7.30am - 8.45am, 9am start			Warm up 7.30am - 8.45am, 9am start		
1	50m Butterfly	M	12	50m Backstroke	W	23	50m Breaststroke	W	33	4 x 100m Freestyle Relay	Mix*
2	50m Butterfly	W	13	50m Backstroke	M	24	50m Breaststroke	M	34	800m Freestyle	TF W
3	200m Breaststroke	M	14	400m Ind. Medley	W	25	400m Freestyle	W	35	50m Freestyle	M
4	200m Breaststroke	W	15	400m Ind. Medley	M	26	400m Freestyle	M	36	50m Freestyle	W
5	200m Freestyle	M	16	100m Freestyle	W	27	100m Butterfly	W	37	200m Ind. Medley	M
6	200m Freestyle	W	17	100m Freestyle	M	28	100m Butterfly	M	38	200m Ind. Medley	W
7	100m Backstroke	M	18	100m Breaststroke	W	29	200m Backstroke	W	39	200m Butterfly	M
8	100m Backstroke	W	19	100m Breaststroke	M	30	200m Backstroke	M	40	200m Butterfly	W
9	1500m Freestyle	TF M	20	4 x 50m Medley Relay	Mix	31	4 x 100m Freestyle	W*	41	4 x 100m Medley Relay	M*
10	4 x 50m Freestyle Relay	Mix	21	4 x 200m Freestyle	W*	32	4 x 100m Freestyle	M*	42	4 x 100m Medley Relay	W*
11	4 x 100m Medley Relay	Mix	22	4 x 200m Freestyle	M*						
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm up 5pm - 6.15pm, 6.30pm start			Warm up 5pm - 6.15pm, 6.30pm start			Warm up 5pm - 6.15pm, 6.30pm start			Warm up 5pm - 6.15pm, 6.30pm start		
1	50m Butterfly	M	12	50m Backstroke	W	23	50m Breaststroke	W	33	4 x 100m Freestyle Relay	Mix*
2	50m Butterfly	W	13	50m Backstroke	M	24	50m Breaststroke	M	34	800m Freestyle	TF W
3	200m Breaststroke	M	14	400m Ind. Medley	W	25	400m Freestyle	W	35	50m Freestyle	M
4	200m Breaststroke	W	15	400m Ind. Medley	M	26	400m Freestyle	M	36	50m Freestyle	W
5	200m Freestyle	M	16	100m Freestyle	W	27	100m Butterfly	W	37	200m Ind. Medley	M
6	200m Freestyle	W	17	100m Freestyle	M	28	100m Butterfly	M	38	200m Ind. Medley	W
7	100m Backstroke	M	18	100m Breaststroke	W	29	200m Backstroke	W	39	200m Butterfly	M
8	100m Backstroke	W	19	100m Breaststroke	M	30	200m Backstroke	M	40	200m Butterfly	W
9	1500m Freestyle	TF M	20	4 x 50m Medley Relay	Mix	31	4 x 100m Freestyle	W*	41	4 x 100m Medley Relay	M*
10	4 x 50m Freestyle Relay	Mix	21	4 x 200m Freestyle	W*	32	4 x 100m Freestyle	M*	42	4 x 100m Medley Relay	W*
11	4 x 100m Medley Relay	Mix	22	4 x 200m Freestyle	M*						

800m Freestyle W and 1500m Freestyle M are direct finals with 2 entries per Federation

*Relays with 8 teams or less will be swum as direct finals at the Finals' session

Open Water Swimming Program

Monday 25 June 2018	Saturday 30 June 2018
5km men and women	10km men and women
Start time - tbc	Start time - tbc
Medal ceremony will be at the Opening Ceremony in the evening at Taurama Aquatic Centre	Medal ceremony will be at the Closing Ceremony in the evening at Lamana Hotel

Synchronised Swimming Program (draft)

Sunday/Monday 24/25 June 2018	Tuesday 26 June 2018	Wednesday 27 June 2018	Thursday 28 June 2018	Friday 29 June 2018
Music Practice	Technical Routines & Figures	Music Practice	Free Solo Routines & Junior Team Routines	Free Duet Routines & Free Combination Team Routines
Start time - tbc	Start time - tbc	Start time - tbc	Start time - tbc	Start time - tbc