

TIMELINE IS TO BE USED AS A GUIDE ONLY

Day 1: Session 1

<u>Event</u>	<u>Entries</u>	<u>Heats</u>	<u>Starts at</u>
1 Men 11 & Over 400 IM	9	2	10:00 AM
2 Women 11 & Over 400 IM	11	2	10:14 AM
3 Men 200 Freestyle	61	8	10:27 AM
4 Women 200 Freestyle	66	9	10:52 AM
5 Men 200 Breaststroke	16	2	11:21 AM
6 Women 200 Breaststroke	40	5	11:29 AM
7 Men 100 Freestyle Multi-Class	0	0	11:48 AM
8 Women 100 Freestyle Multi-Class	2	1	11:48 AM
9 Men 100 Backstroke	107	14	11:51 AM
10 Women 100 Backstroke	125	16	12:24 PM
LUNCH BREAK 1:03 PM			
11 Men 50 Butterfly	146	19	1:25 PM
12 Women 50 Butterfly	184	23	1:52 PM
13 Men 12 & Over 1500 Freestyle	2	1	2:24 PM
14 Women 12 & Over 1500 Freestyle	0	0	2:44 PM
15 Men 200 Butterfly	13	2	2:44 PM
16 Women 200 Butterfly	11	2	2:51 PM
17 Men 50 Butterfly Multi-Class	0	0	2:58 PM
18 Women 50 Butterfly Multi-Class	2	1	2:58 PM
19 Men 100 Freestyle	185	24	2:59 PM
20 Women 100 Freestyle	211	27	<u>3:46 PM</u>
Finish Time			4:41 PM

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Day 2: Session 2

<u>Event</u>	<u>Entries</u>	<u>Heats</u>	<u>Starts at</u>
21 Men 11 & Over 800 Freestyle	11	2	9:00 AM
22 Women 11 & Over 800 Freestyle	10	2	9:20 AM
23 Men 50 Breaststroke	166	21	9:40 AM
24 Women 50 Breaststroke	193	25	10:12 AM
25 Men 50 Freestyle Multi-Class	0	0	10:51 AM
26 Women 50 Freestyle Multi-Class	1	1	10:51 AM
27 Men 100 Butterfly	63	8	10:52 AM
28 Women 100 Butterfly	82	11	11:09 AM
29 Men 11 & Over 400 Freestyle	23	3	11:32 AM
30 Women 11 & Over 400 Freestyle	26	4	11:49 AM
LUNCH BREAK 12:15PM			
31 Men 50 Backstroke	168	21	12:35 PM
32 Women 50 Backstroke	182	23	1:10 PM
33 Men 50 Backstroke Multi-Class	1	1	1:49 PM
34 Women 50 Backstroke Multi-Class	1	1	1:50 PM
35 Men 100 Breaststroke	104	13	1:52 PM
36 Women 100 Breaststroke	121	16	2:24 PM
37 Men 200 IM	50	7	3:03 PM
38 Women 200 IM	73	10	3:27 PM
39 Men 50 Freestyle	194	25	4:04 PM
40 Women 50 Freestyle	240	30	4:36 PM
41 Men 50 Breaststroke Multi-Class	0	0	5:15 PM
42 Women 50 Breaststroke Multi-Class	1	1	5:15 PM
43 Men 200 Backstroke	22	3	5:16 PM
44 Women 200 Backstroke	42	6	<u>5:28 PM</u>
Finish Time			5:51 PM



**2020 NSW COUNTRY REGIONALS
AIS CANBERRA
25-26 JANUARY 2019**

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Day 2: Session 2

