Program

Friday afternoon

Warm up: 16:30-17:20 Beginning of session: 17:30

1	400m individual medley women	Direct final (12 fastest times)
2	400m individual medley men	Direct final (12 fastest times)
3	200m backstroke women	Heats
4	200m backstroke men	Heats
5	200m breaststroke women	Heats
6	200m breaststroke men	Heats
7	1500m freestyle women	Direct final (6 fastest times)
8	1500m freestyle men	Direct final (6 fastest times)

Saturday morning

Warm up: 07:45-08:50 Beginning of session: 09:00

9	200m freestyle women	Heats
10	200m freestyle men	Heats
11	100m backstroke women	Heats
12	100m backstroke men	Heats
13	100m butterfly women	Heats
14	100m butterfly men	Heats
15	100m individual medley women	Heats
16	100m individual medley men	Heats
17	50m freestyle women	Heats
18	50m freestyle men	Heats
19	50m breaststroke women	Heats
20	50m breaststroke men	Heats
21	800m Freestyle women	Direct final (6 fastest times)
22	800m Freestyle men	Direct final (6 fastest times)

Saturday afternoon

Warm up: 14:30-15:20 Beginning of session: 15:30

17	50m freestyle women	A&B finals
18	50m freestyle men	A&B finals
19	50m breaststroke women	A&B finals
20	50m breaststroke men	A&B finals
11	100m backstroke women	Age group finals
12	100m backstroke men	Age group finals
13	100m butterfly women	Age group finals
14	100m butterfly men	Age group finals
15	100m individual medley women	Age group finals
16	100m individual medley men	Age group finals
9	200m freestyle women	A final
10	200m freestyle men	A final
5	200m breaststroke women	A final
6	200m breaststroke men	A final
23	4x50 mixed medley relay	Direct final (max two relays per team).

Sunday morning

Warm up: 07:45-08:50 Start of session: 09:00

24	200m individual medley men	Heats
25	200m individual medley women	Heats
26	200m butterfly men	Heats
27	200m butterfly women	Heats
28	100m freestyle men	Heats
29	100m freestyle women	Heats
30	100m breaststroke men	Heats
31	100m breaststroke women	Heats
32	50m backstroke men	Heats
33	50m backstroke women	Heats
34	50m butterfly men	Heats
35	50m butterfly women	Heats
36	400m Freestyle women	Direct final (12 fastest times)
37	400m Freestyle men	Direct final (12 fastest times)

Sunday afternoon

Warm up: 14:00-14:50 Start of session: 15:00

32	50m backstroke men	A&B finals
33	50m backstroke women	A&B finals
34	50m butterfly men	A&B finals
35	50m butterfly women	A&B finals
28	100m freestyle men	Age group finals
29	100m freestyle women	Age group finals
30	100m breaststroke men	Age group finals
31	100m breaststroke women	Age group finals
24	200m individual medley men	A final
25	200m individual medley women	A final
3	200m backstroke men	A final
4	200m backstroke women	A final
26	200m butterfly men	A final
27	200m butterfly women	A final
38	4x50m mixed freestyle relay	Direct final (max. 2 relays per team)

Entry time standards

Women

	2010 and older		2011-2012		2013-2014		2015-2016	
	A	C	A	C	A	C	A	C
50m freestyle	29.50	32.00	29.50	32.00	29.50	32.00	29.50	32.00
100m freestyle	1.06.00	1.11.00	1.10.00	1.16.00	1.14.00	1.20.00	1.20.00	1.28.00
200m freestyle	2.25.00	2.35.00	2.30.00	2.45.00	2.40.00	2.55.00	2.52.00	3.10.00
400m freestyle	4.55.00	5.15.00	4.55.00	5.15.00	4.55.00	5.15.00	4.55.00	5.15.00
800m freestyle	10.30.00	12.00.00	10.30.00	12.00.00	10.30.00	12.00.00	10.30.00	12.00.00
1500m freestyle	18.00.00	20.30.00	18.00.00	20.30.00	18.00.00	20.30.00	18.00.00	20.30.00
50m butterfly	33.50	37.00	33.50	37.00	33.50	37.00	33.50	37.00
100m butterfly	1.14.50	1.21.00	1.21.00	1.28.00	1.28.00	1.38.00	1.34.00	1.41.00
200m butterfly	2.55.00	3.10.00	3.10.00	3.20.00	3.20.00	3.30.00	3.30.00	3.45.00
50m backstroke	35.50	38.00	35.50	38.00	35.50	38.00	35.50	38.00
100m backstroke	1.15.00	1.22.00	1.21.50	1.27.00	1.25.00	1.30.00	1.30.00	1.40.00
200m backstroke	2.40.00	2.55.00	2.50.00	3.05.00	3.02.00	3.20.00	3.15.00	3.35.00
50m breaststroke	38.50	42.00	38.50	42.00	38.50	42.00	38.50	42.00
100m breaststroke	1.22.00	1.30.00	1.28.00	1.36.00	1.34.00	1.42.00	1.40.00	1.52.00
200m breaststroke	3.07.00	3.20.00	3.18.00	3.30.00	3.25.00	3.40.00	3.40.00	3.58.00
100m I.M.	1.15.00	1.22.00	1.20.00	1.28.00	1.28.00	1.35.00	1.35.00	1.43.00
200m I.M.	2.40.00	2.55.00	2.53.00	3.08.00	3.04.00	3.18.00	3.18.00	3.30.00
400m I.M.	5.25.00	5.45.00	5.25.00	5.45.00	5.25.00	5.45.00	5.25.00	5.45.00

Men

	2010 and older		2011-2012		2013-2014		2015-2016	
	A	C	A	C	A	C	A	C
50m freestyle	26.50	29.50	26.50	29.50	26.50	29.50	26.50	29.50
100m freestyle	59.50	1.04.00	1.03.00	1.10.00	1.09.00	1.18.00	1.17.50	1.28.00
200m freestyle	2.08.00	2.20.00	2.20.00	2.37.50	2.37.50	2.50.00	2.50.00	3.05.00
400m freestyle	4.40.00	5.00.00	4.40.00	5.00.00	4.40.00	5.00.00	4.40.00	5.00.00
800m freestyle	9.45.00	11.00.00	9.45.00	11.00.00	9.45.00	11.00.00	9.45.00	11.00.00
1500m freestyle	16.45.00	18.30.00	16.45.00	18.30.00	16.45.00	18.30.00	16.45.00	18.30.00
50m butterfly	30.00	33.00	30.00	33.00	30.00	33.00	30.00	33.00
100m butterfly	1.06.00	1.14.00	1.14.00	1.22.00	1.21.00	1.29.00	1.29.00	1.38.00
200m butterfly	2.30.00	2.45.00	2.45.00	3.00.00	2.55.00	3.10.00	3.10.00	3.30.00
50m backstroke	31.00	35.00	31.00	35.00	31.00	35.00	31.00	35.00
100m backstroke	1.07.00	1.14.00	1.14.00	1.22.00	1.22.00	1.29.00	1.29.00	1.37.00
200m backstroke	2.30.00	2.45.00	2.40.00	2.55.00	2.55.00	3.17.50	3.14.00	3.30.00
50m breaststroke	35.00	38.00	35.00	38.00	35.00	38.00	35.00	38.00
100m breaststroke	1.18.00	1.23.00	1.23.00	1.30.00	1.30.00	1.40.00	1.40.00	1.50.00
200m breaststroke	2.57.00	3.10.00	3.10.00	3.23.00	3.20.00	3.32.00	3.32.00	3.45.00
100m I.M.	1.10.00	1.15.00	1.15.00	1.23.00	1.22.00	1.30.00	1.30.00	1.39.00
200m I.M.	2.35.00	2.45.00	2.45.00	3.00.00	3.00.00	3.15.00	3.13.00	3.30.00
400m I.M.	5.10.00	5.30.00	5.10.00	5.30.00	5.10.00	5.30.00	5.10.00	5.30.00