

## 6 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2018

including events for the Disabled

EVT NO	DAY 1 23 April HEATS: 09:30	EVT NO	DAY 2 24 April HEATS: 09:30	EVT NO	DAY 3 25 April HEATS: 09:30	EVT NO	DAY 4 26 April HEATS: 09:30	EVT NO
	W 200 Freestyle		W 200 Ind. Medley		W 100 Freestyle		W 400 Freestyle	
	M 200 Freestyle		M 200 Ind. Medley		M 100 Freestyle		M 400 Freestyle	
	<b>M S14&amp;15 Dis 50m Br</b>		<b>W S14&amp;15 Dis 100mFly</b>		W 200 Breaststroke		<b>W S14&amp;15 Dis 100mBr</b>	
	<b>M S1-13 Dis 50m Br</b>		<b>W S1-13 Dis 100m Fly</b>		M 200 Breaststroke		<b>W S1-13 Dis 100m Br</b>	
	<b>W S14&amp;15 Dis 50m Br</b>		<b>M S14&amp;15 Dis 100mFly</b>		<b>W S14&amp;15 Dis 50mFly</b>		<b>M S14&amp;15 Dis 100mBr</b>	
	<b>W S1-13 Dis 50m Br</b>		<b>M S1-13 Dis 100m Fly</b>		<b>W S1-13 Dis 50m Fly</b>		<b>M S1-13 Dis 100m Br</b>	
	W 100 Breaststroke		W 1500 Freestyle		<b>M S14&amp;15 Dis 50mFly</b>			
	M 100 Breaststroke		M 1500 Freestyle		<b>M S1-13 Dis 50m Fly</b>			
	W 50 Butterfly				W 50 Backstroke			
	M 50 Butterfly				M 50 Backstroke			
	<b>M S14&amp;15 Dis 100mBa</b>				W 200 Butterfly			
	<b>M S1-13 Dis 100m Ba</b>				M 200 Butterfly			
	<b>W S14&amp;15 Dis 100mBa</b>				<b>M S14&amp;15 Dis 50m Fr</b>			
	<b>W S1-13 Dis 100m Ba</b>				<b>M S1-13 Dis 50m Fr</b>			
	W 100 Backstroke				<b>W S14&amp;15 Dis 50m Fr</b>			
	M 100 Backstroke				<b>W S1-13 Dis 50m Fr</b>			
	<b>FINALS 18:00</b>		<b>FINALS 18:00</b>		<b>FINALS 18:00</b>		<b>FINALS 18:00</b>	
	W 200 Freestyle SF		W 200 Freestyle F		W 200 Ind. Medley F		W 100 Freestyle F	
	M 200 Freestyle SF		M 200 Freestyle F		M 200 Ind. Medley F		M 100 Freestyle F	
	<b>M S14&amp;15 Dis 50m Br</b>		<b>W S14&amp;15 Dis 100mFly</b>		W 100 Freestyle SF		<b>W S14&amp;15 Dis 100mBr</b>	
	<b>M S1-13 Dis 50m Br</b>		<b>W S1-13 Dis 100m Fly</b>		M 100 Freestyle SF		<b>W S1-13 Dis 100m Br</b>	
	<b>W S14&amp;15 Dis 50m Br</b>		<b>M S14&amp;15 Dis 100mFly</b>		<b>W S14&amp;15 Dis 50mFly</b>		<b>M S14&amp;15 Dis 100mBr</b>	
	<b>W S1-13 Dis 50m Br</b>		<b>M S1-13 Dis 100m Fly</b>		<b>W S1-13 Dis 50m Fly</b>		<b>M S1-13 Dis 100m Br</b>	
	W 100 Breaststroke SF		W 100 Breaststroke F		<b>M S14&amp;15 Dis 50mFly</b>		W 200 Breaststroke F	
	M 100 Breaststroke SF		M 100 Breaststroke F		<b>M S1-13 Dis 50m Fly</b>		M 200 Breaststroke F	
	W 50 Butterfly SF		W 50 Butterfly F		W 200 Breaststroke SF		W 50 Backstroke F	
	M 50 Butterfly SF		M 50 Butterfly F		M 200 Breaststroke SF		M 50 Backstroke F	
	<b>M S14&amp;15 Dis 100mBa</b>		W 100 Backstroke F		W 1500 Freestyle F		W 200 Butterfly F	
	<b>M S1-13 Dis 100m Ba</b>		M 100 Backstroke F		W 50 Backstroke SF		M 200 Butterfly F	
	<b>W S14&amp;15 Dis 100mBa</b>		W 200 Ind. Medley SF		M 50 Backstroke SF		W 400 Freestyle F	
	<b>W S1-13 Dis 100m Ba</b>		M 200 Ind. Medley SF		M 1500 Freestyle F		M 400 Freestyle F	
	W 100 Breaststroke SF		W 4 x 200 FreeRel		<b>M S14&amp;15 Dis 50m Fr</b>		Mixed 4 x 100 Medley Rel	

M 100 Breaststroke SF		M 4 x 200 Free Rel		<b><i>M S1-13 Dis 50m Fr</i></b>		
W 50 Butterfly SF				<b><i>W S14&amp;15 Dis 50m Fr</i></b>		
M 50 Butterfly SF				<b><i>W S1-13 Dis 50m Fr</i></b>		
W 100 Backstroke SF				W 200 Butterfly SF		
M 100 Backstroke SF				M 200 Butterfly SF		
W 4 x 100 Free Rel				Mixed 4 x 100 Free Rel		
M 4 x 100 Free Rel						

<b>DAY 5 27 April</b>	<b>EVT</b>	<b>DAY 6 28 April</b>
<b>HEATS: 09:30</b>	<b>NO</b>	<b>HEATS: 09:30</b>
W 50m Freestyle		M 400 Ind. Medley
M 50m Freestyle		W 400 Ind. Medley
<b>M S14&amp;15 Dis 50mBa</b>		<b>W S14&amp;15 Dis 200m IM</b>
<b>M S1-13 Dis 50m Ba</b>		<b>W S1-13 Dis 200m IM</b>
<b>W S14&amp;15 Dis 50mBa</b>		<b>M S14&amp;15 Dis 200m IM</b>
<b>W S1-13 Dis 50m Ba</b>		<b>M S1-13 Dis 200m IM</b>
W 200m Backstroke		
M 200m Backstroke		
W 50m Breast		
W 50m Breast		
<b>M S14&amp;15 Dis 100mFr</b>		
<b>M S1-13 Dis 100m Fr</b>		
<b>W S14&amp;15 Dis 100mFr</b>		
<b>W S1-13 Dis 100m Fr</b>		
W 100 Butterfly		
M 100 Butterfly		
W 800 Freestyle		
M 800 Freestyle		
<b>FINALS 18:00</b>		<b>FINALS 18:00</b>
W 50m Freestyle SF		W 50m Freestyle F
M 50m Freestyle SF		M 50m Freestyle F
<b>M S14&amp;15 Dis 50mBa</b>		W 200m Backstroke F
<b>M S1-13 Dis 50m Ba</b>		M 200m Backstroke F
<b>W S14&amp;15 Dis 50mBa</b>		W 100 Butterfly F
<b>W S1-13 Dis 50m Ba</b>		M 100 Butterfly F
W 200m Backstroke SF		<b>W S14&amp;15 Dis 200m IM</b>
M 200m Backstroke SF		<b>W S1-13 Dis 200m IM</b>
W 50m Breaststroke SF		<b>M S14&amp;15 Dis 200m IM</b>
W 50m Breaststroke SF		<b>M S1-13 Dis 200m IM</b>
<b>M S14&amp;15 Dis 100mFr</b>		M 400 Ind. Medley F
<b>M S1-13 Dis 100m Fr</b>		W 400 Ind. Medley F
<b>W S14&amp;15 Dis 100mFr</b>		W 50m Breaststroke F
<b>W S1-13 Dis 100m Fr</b>		W 50m Breaststroke F
W 100 Butterfly SF		W 800 Freestyle F

M 100 Butterfly SF		M 800 Freestyle F
W 4 x 50 Free Rel		W 4 x 100 Med Rel
M 4 x 50 Free Rel		M 4 x 100 Med Rel