



Programme of Events – Swimming

Day 1 Monday 10th July 2023

Heats: Warm Up 0700/0830 Start 0915 (Time allowed for Swim Opening Ceremony)

Finals: Warm-up 1615/1745 Start 1800

1. Men's 1500m Freestyle (This event is a Heat Declared Winner (HDW))
2. Women's 400m Individual Medley
3. Men's 200m Butterfly
4. Women's 100m Butterfly
5. Men's 100m Breaststroke
6. Women's 50m Breaststroke
7. Men's 50m Backstroke
8. Women's 200m Freestyle
9. Men's 200m Individual Medley
10. Women's 4 x 50 Freestyle Relay
11. Men's 4 x 50 Medley Relay

Day 2- Tuesday 11th July

Heats: Warm Up 0715/0845 Start 0900

Finals: Warm-up 1615/1745 Start 1800

12. Women's 1500 Freestyle (This event is HDW)
13. Men's 400m Individual Medley
14. Women's 200m Breaststroke
15. Men's 100m Butterfly
16. Women's 100m Backstroke
17. Men's 50 Breaststroke
18. Women's 50m Butterfly
19. Men's 200m Freestyle
20. Women's 200m Individual Medley
21. Men's 4 x 50 Freestyle Relay
22. Women's 4 x 50 Medley Relay

Day 3 – Wednesday 12th July

Heats: Warm Up 0715/0845 Start 0900

Finals: Warm-up 1615/1745 Start 1800

23. Men's 100m Individual Medley
24. Women's 400m Freestyle
25. Men's 200m Backstroke
26. Women's 100m Breaststroke
27. Men's 100m Freestyle
28. Women's 50m Freestyle
29. Men's 50m Butterfly
30. Women's 200m Backstroke
31. Men's 800m Freestyle
32. Women's 4 x 100 Freestyle Relay
33. Men's 4 x 100 Medley Relay

Day 4 – Thursday 13th July

Heats: Warm Up 0715/0845 Start 0900

Finals: Warm-up 1615/1745 Start 1800

34. Women's 100m Individual Medley
35. Men's 400m Freestyle
36. Women's 200m Butterfly
37. Men's 100m Backstroke
38. Women's 100m Freestyle
39. Men's 50m Freestyle
40. Women's 50m Backstroke
41. Men's 200m Breaststroke
42. Women's 800m Freestyle
43. Men's 4 x 100 Freestyle Relay
44. Women's 4 x 100 Medley Relay
45. Mixed 4 x 50 Freestyle Relay