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| Sunday Morning Warmup Times |
| Girls 11 and 12 08.00 to 08.15am |
| Girls 13 and Over 08.15 to 08.30am |
| Girls 9 and 10 08.30 to 08.45am |
| Open/Male 9 and 10 08.45 to 09.00am |
| Open/Male 11 and 12 09.00 to 09.15am |
| Open/Male 13 and Over 09.15 to 09.30am |

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| EVENT NUMBER | EVENT NAME |
| 301 | Female 400m Free |
| 302 | Open/Male 200m IM |
| 303 | Female 50m Fly |
| 304 | Open/Male 50m Back |
| 305 | Female 100m Free |
| 306 | Open/Male 100m Breast |
| 307 | Female 200m Back |
| 308 | Open/Male 100m Fly |

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| Sunday Afternoon Warmup Times |
| Open/Male 11 to 12 1.00 to 1.15pm |
| Open/Male 13 and Over 1.15 to 1.30pm |
| Open/Male 9 and 10 1.30 to 1.45pm |
| Female 9 and 10 1.45 to 2.00pm |
| Female 11 and 12 2.00 to 2.15pm |
| Female 13 and Over 2.15 to 2.30pm |

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| EVENT NUMBER | EVENT NAME |
| 401 | Open 400m IM |
| 402 | Female 100m IM |
| 403 | Open/Male 50m Free |
| 404 | Female 100m Back |
| 405 | Open/Male 200m Breast |
| 406 | Female 50m Breast |
| 407 | Open/Male 200m Free |
| 408 | Female 200m Fly |