## 5 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2019

**including Para Swimming events**

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday |
|---|---|---|---|---|---|---|---|---|---|
| **EVT NO** | **DAY 1 8 April** | **EVT NO** | **DAY 2 9 April** | **EVT NO** | **DAY 3 10 April** | **EVT NO** | **DAY 4 11 April** | **EVT NO** | **DAY 5 12 April** |
| | **HEATS: 09:30** | | **HEATS: 09:30** | | **HEATS: 09:30** | | **HEATS: 09:30** | | **HEATS: 09:30** |
| | | | | | | | | | |
| **101** | W 200 Butterfly | **201** | W 200 Freestyle | ***301*** | W 400 Ind. Medley | **401** | W 400 Freestyle | **501** | W 1500m Freestyle TF |
| **102** | M 200 Butterfly | **202** | M 200 Freestyle | ***302*** | M 400 Ind. Medley | **402** | M 400 Freestyle | **502** | ***M S14&15 Dis 50mBa*** |
| **103** | ***M S14&15 Dis 50m Br*** | **203** | ***W S14&15 Dis 100mFly*** | ***303*** | ***W S14&15 Dis 100mBr*** | **403** | W 100m Breast | **503** | ***M S1-13 Dis 50m Ba*** |
| **104** | ***M S1-13 Dis 50m Br*** | **204** | ***W S1-13 Dis 100m Fly*** | ***304*** | ***W S1-13 Dis 100m Br*** | **404** | M 100m Breast | **504** | ***W S14&15 Dis 50mBa*** |
| **105** | ***W S14&15 Dis 50m Br*** | **205** | ***M S14&15 Dis 100mFly*** | ***305*** | ***M S14&15 Dis 100mBr*** | **405** | ***W S14&15 Dis 200m IM*** | **505** | ***W S1-13 Dis 50m Ba*** |
| **106** | ***W S1-13 Dis 50m Br*** | **206** | ***M S1-13 Dis 100m Fly*** | ***306*** | ***M S1-13 Dis 100m Br*** | **406** | ***W S1-13 Dis 200m IM*** | **506** | W 200 Ind. Medley |
| **107** | W 100 Freestyle | **207** | W 200 Breaststroke | ***307*** | W 100 Butterfly | **407** | ***M S14&15 Dis 200m IM*** | **507** | M 200 Ind. Medley |
| **108** | M 100 Freesstyle | **208** | M 200 Breaststroke | ***308*** | M 100 Butterfly | **408** | ***M S1-13 Dis 200m IM*** | **508** | M 800m Freestyle TF |
| **109** | ***M S14&15 Dis 100mBa*** | **209** | ***M S14&15 Dis 50m Fr*** | ***309*** | W 50m Breast | **409** | W 100m Backstroke | **509** | ***M S14&15 Dis 100mFr*** |
| **110** | ***M S1-13 Dis 100m Ba*** | **210** | ***M S1-13 Dis 50m Fr*** | ***310*** | M 50m Breast | **410** | M 100m Backstroke | **510** | ***M S1-13 Dis 100m Fr*** |
| **111** | **W S14&15 Dis 100mBa** | **211** | ***W S14&15 Dis 50m Fr*** | ***311*** | ***W S14&15 Dis 50mFly*** | | | **511** | ***W S14&15 Dis 100mFr*** |
| **112** | ***W S1-13 Dis 100m Ba*** | **212** | ***W S1-13 Dis 50m Fr*** | ***312*** | ***W S1-13 Dis 50m Fly*** | | | **512** | ***W S1-13 Dis 100m Fr*** |
| **113** | W 800 Freestyle TF | **213** | W 200 Backstroke | ***313*** | ***M S14&15 Dis 50mFly*** | | | **513** | W 50 Freestyle |
| **114** | M 1500 Freestyle TF | **214** | M 200 Backstroke | ***314*** | ***M S1-13 Dis 50m Fly*** | | | **514** | M 50 Freestyle |
| | | **215** | W 50 Butterfly | ***315*** | W 50 Backstroke | | | | |
| | | **216** | M 50 Butterfly | ***316*** | M 50 Backstroke | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | **FINALS 18:00** | | **FINALS 18:00** | | **FINALS 18:00** | | **FINALS 18:00** | | **FINALS 18:00** |
| | **Opening Ceremony** | | | | | | | | |
| **101** | W 200 Butterfly | **201** | W 200 Freestyle | ***301*** | W 400 Ind. Medley | **401** | W 400 Freestyle | **515** | Mixed 4 x 100 Free Rel |
| **102** | M 200 Butterfly | **202** | M 200 Freestyle | ***302*** | M 400 Ind. Medley | **402** | M 400 Freestyle | **501** | W 1500m Freestyle TF |
| **103** | ***M S14&15 Dis 50m Br*** | **203** | ***W S14&15 Dis 100mFly*** | ***303*** | ***W S14&15 Dis 100mBr*** | **403** | W 100m Breast | **502** | ***M S14&15 Dis 50mBa*** |
| **104** | ***M S1-13 Dis 50m Br*** | **204** | ***W S1-13 Dis 100m Fly*** | ***304*** | ***W S1-13 Dis 100m Br*** | **404** | M 100m Breast | **503** | ***M S1-13 Dis 50m Ba*** |
| **105** | ***W S14&15 Dis 50m Br*** | **205** | ***M S14&15 Dis 100mFly*** | ***305*** | ***M S14&15 Dis 100mBr*** | **405** | ***W S14&15 Dis 200m IM*** | **504** | ***W S14&15 Dis 50mBa*** |
| **106** | ***W S1-13 Dis 50m Br*** | **206** | ***M S1-13 Dis 100m Fly*** | ***306*** | ***M S1-13 Dis 100m Br*** | **406** | ***W S1-13 Dis 200m IM*** | **505** | ***W S1-13 Dis 50m Ba*** |
| **107** | W 100 Freestyle | **207** | W 200 Breaststroke | ***307*** | W 100 Butterfly | **407** | ***M S14&15 Dis 200m IM*** | **506** | W 200 Ind. Medley |
| **108** | M 100 Freesstyle | **208** | M 200 Breaststroke | ***308*** | M 100 Butterfly | **408** | ***M S1-13 Dis 200m IM*** | **507** | M 200 Ind. Medley |
| **109** | ***M S14&15 Dis 100mBa*** | **209** | ***M S14&15 Dis 50m Fr*** | ***309*** | W 50m Breast | **409** | W 100m Backstroke | **508** | M 800m Freestyle TF |
| **110** | ***M S1-13 Dis 100m Ba*** | **210** | ***M S1-13 Dis 50m Fr*** | ***310*** | M 50m Breast | **410** | M 100m Backstroke | **509** | ***M S14&15 Dis 100mFr*** |
| **111** | **W S14&15 Dis 100mBa** | **211** | ***W S14&15 Dis 50m Fr*** | ***311*** | ***W S14&15 Dis 50mFly*** | | | **510** | ***M S1-13 Dis 100m Fr*** |
| **112** | ***W S1-13 Dis 100m Ba*** | **212** | ***W S1-13 Dis 50m Fr*** | ***312*** | ***W S1-13 Dis 50m Fly*** | **411** | W 4 x 200 FreeRel | **511** | ***W S14&15 Dis 100mFr*** |
| **113** | W 800 Freestyle TF | **213** | W 200 Backstroke | ***313*** | ***M S14&15 Dis 50mFly*** | **412** | M 4 x 200 Free Rel | **512** | ***W S1-13 Dis 100m Fr*** |
| **114** | M 1500 Freestyle TF | **214** | M 200 Backstroke | ***314*** | ***M S1-13 Dis 50m Fly*** | | | **513** | W 50 Freestyle |
| | | **215** | W 50 Butterfly | ***315*** | W 50 Backstroke | | | **514** | M 50 Freestyle |
| **115** | W 4 x 100 Free Rel | **216** | M 50 Butterfly | ***316*** | M 50 Backstroke | | | | |
| **116** | M 4 x 100 Free Rel | | | | | | | **516** | W 4 x 100 Medley Rel |
| | | **217** | Mixed 4 x 100 Medley Rel | ***317*** | W 4 x 50 Free Rel | | | **517** | M 4 x 100 Medley Rel |
| | | | | ***318*** | M 4 x 50 Free Rel | | | | |
| | | | | | | | | | |