

**5 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2023**

including events for Para swimmers

12-16 April 2023

	DAY 1 12 April		DAY 2 13 April		DAY 3 14 April		DAY 4 15 April		DAY 5 16 April
EVT No	HEATS: 09:30	EVT No	HEATS: 09:30	EVT No	HEATS: 09:30	EVT No	HEATS: 09:30	EVT No	HEATS: 09:30
101	W 200 Freestyle	201	W 200 Ind. Medley	301	W 100 Freestyle	401	W 50m Freestyle	501	W 200m Backstroke
102	M 200 Freestyle	202	M 200 Ind. Medley	302	M 100 Freestyle	402	M 50m Freestyle	502	M 200m Backstroke
103	<i>M S14&amp;15 Dis 50m Br</i>	203	<i>W S14&amp;15 Dis 100mFly</i>	303	W 200 Breaststroke	403	<i>M S14&amp;15 Dis 50mBa</i>	503	W 50 Butterfly
104	<i>M S1-13 Dis 50m Br</i>	204	<i>W S1-13 Dis 100m Fly</i>	304	M 200 Breaststroke	404	<i>M S1-13 Dis 50m Ba</i>	504	M 50 Butterfly
105	<i>W S14&amp;15 Dis 50m Br</i>	205	<i>M S14&amp;15 Dis 100mFly</i>	305	<i>W S14&amp;15 Dis 50mFly</i>	405	<i>W S14&amp;15 Dis 50mBa</i>	505	<i>W S14&amp;15 Dis 200m IM</i>
106	<i>W S1-13 Dis 50m Br</i>	206	<i>M S1-13 Dis 100m Fly</i>	306	<i>W S1-13 Dis 50m Fly</i>	406	<i>W S1-13 Dis 50m Ba</i>	506	<i>W S1-13 Dis 200m IM</i>
107	W 100 Breaststroke	207	W 1500 FreestyleTF	307	<i>M S14&amp;15 Dis 50mFly</i>	407	W 50m Breast	507	<i>M S14&amp;15 Dis 200m IM</i>
108	M 100 Breaststroke	208	M 1500 Freestyle TF	308	<i>M S1-13 Dis 50m Fly</i>	408	M 50m Breast	508	<i>M S1-13 Dis 200m IM</i>
109	<i>M S14&amp;15 Dis 100mBa</i>	209	W 50 Backstroke	309	M 400 Ind. Medley	409	W 100 Butterfly	509	W 400 Freestyle
110	<i>M S1-13 Dis 100m Ba</i>	210	M 50 Backstroke	310	W 400 Ind. Medley	410	M 100 Butterfly	510	M 400 Freestyle
111	<i>W S14&amp;15 Dis 100mBa</i>	211	<i>M S14&amp;15 Dis 50m Fr</i>	311	<i>W S14&amp;15 Dis 100mBr</i>	411	<i>M S14&amp;15 Dis 100mFr</i>		
112	<i>W S1-13 Dis 100m Ba</i>	212	<i>M S1-13 Dis 50m Fr</i>	312	<i>W S1-13 Dis 100m Br</i>	412	<i>M S1-13 Dis 100m Fr</i>		
113	W 100 Backstroke	213	<i>W S14&amp;15 Dis 50m Fr</i>	313	<i>M S14&amp;15 Dis 100mBr</i>	413	<i>W S14&amp;15 Dis 100mFr</i>		
114	M 100 Backstroke	214	<i>W S1-13 Dis 50m Fr</i>	314	<i>M S1-13 Dis 100m Br</i>	414	<i>W S1-13 Dis 100m Fr</i>		
		215	W 200 Butterfly			415	W 800 Freestyle TF		
		216	M 200 Butterfly			416	M 800 Freestyle TF		

	DAY 1 12 April		DAY 2 13 April		DAY 3 14 April		DAY 4 15 April		DAY 5 16 April
EVT No	FINALS: 17.00	EVT No	FINALS: 17.00	EVT No	FINALS: 17.00	EVT No	FINALS: 17.00	EVT No	FINALS: 17.00
101	W 200 Freestyle	201	W 200 Ind. Medley	301	W 100 Freestyle	401	W 50m Freestyle	501	W 200m Backstroke
102	M 200 Freestyle	202	M 200 Ind. Medley	302	M 100 Freestyle	402	M 50m Freestyle	502	M 200m Backstroke
103	<i>M S14&amp;15 Dis 50m Br</i>	203	<i>W S14&amp;15 Dis 100mFly</i>	303	W 200 Breaststroke	403	<i>M S14&amp;15 Dis 50mBa</i>	503	W 50 Butterfly
104	<i>M S1-13 Dis 50m Br</i>	204	<i>W S1-13 Dis 100m Fly</i>	304	M 200 Breaststroke	404	<i>M S1-13 Dis 50m Ba</i>	504	M 50 Butterfly
105	<i>W S14&amp;15 Dis 50m Br</i>	205	<i>M S14&amp;15 Dis 100mFly</i>	305	<i>W S14&amp;15 Dis 50mFly</i>	405	<i>W S14&amp;15 Dis 50mBa</i>	505	<i>W S14&amp;15 Dis 200m IM</i>
106	<i>W S1-13 Dis 50m Br</i>	206	<i>M S1-13 Dis 100m Fly</i>	306	<i>W S1-13 Dis 50m Fly</i>	406	<i>W S1-13 Dis 50m Ba</i>	506	<i>W S1-13 Dis 200m IM</i>
107	W 100 Breaststroke	207	W 1500 FreestyleTF	307	<i>M S14&amp;15 Dis 50mFly</i>	407	W 50m Breast	507	<i>M S14&amp;15 Dis 200m IM</i>
108	M 100 Breaststroke	208	M 1500 Freestyle TF	308	<i>M S1-13 Dis 50m Fly</i>	408	M 50m Breast	508	<i>M S1-13 Dis 200m IM</i>
109	<i>M S14&amp;15 Dis 100mBa</i>	209	W 50 Backstroke	309	M 400 Ind. Medley	409	W 100 Butterfly	509	W 400 Freestyle
110	<i>M S1-13 Dis 100m Ba</i>	210	M 50 Backstroke	310	W 400 Ind. Medley	410	M 100 Butterfly	510	M 400 Freestyle
111	<i>W S14&amp;15 Dis 100mBa</i>	211	<i>M S14&amp;15 Dis 50m Fr</i>	311	<i>W S14&amp;15 Dis 100mBr</i>	411	<i>M S14&amp;15 Dis 100mFr</i>	511	Women 4x100 Medley Re
112	<i>W S1-13 Dis 100m Ba</i>	212	<i>M S1-13 Dis 50m Fr</i>	312	<i>W S1-13 Dis 100m Br</i>	412	<i>M S1-13 Dis 100m Fr</i>	512	Men 4x100 Medley Relay
113	W 100 Backstroke	213	<i>W S14&amp;15 Dis 50m Fr</i>	313	<i>M S14&amp;15 Dis 100mBr</i>	413	<i>W S14&amp;15 Dis 100mFr</i>		
114	M 100 Backstroke	214	<i>W S1-13 Dis 50m Fr</i>	314	<i>M S1-13 Dis 100m Br</i>	414	<i>W S1-13 Dis 100m Fr</i>		
115	Men 4x200 Free Relay	215	W 200 Butterfly	315	Women 4x100 Free Relay	415	W 800 Freestyle TF		
116	Women 4x200 Free Relay	216	M 200 Butterfly	316	Men 4x100 Free Relay	416	M 800 Freestyle TF		
		217	<i>Mixed 4X 100 Free Relay</i>	317	Mixed 4 x 100 Medley	417	Men 4X50 Free Relay		
						418	Women 4X50 Free Relay		