

**PROGRAM OF EVENTS**

**SAALC, Adelaide**

Monday 4 April 2022 Day 1			Tuesday 5 April 2022 Day 2			Wednesday 6 April 2022 Day 3		
1	Women's 100m Butterfly		13	Women's 100m Backstroke		27	Women's 200m IM	
2	Men's 400m IM		14	Women's 100m Butterfly MC		28	Men's 150m IM MC	
3	Women's 400m Freestyle MC		15	Men's 100m Butterfly MC		29	Women's 200m IM MC	
4	Men's 400m Freestyle MC		16	Women's 50m Butterfly		30	Men's 200m IM MC	
5	Men's 100m Breaststroke		17	Men's 50m Butterfly		31	Men's 200m Butterfly	
6	Women's 400m IM		18	Women's 100m Breaststroke		32	Women's 200m Freestyle	
7	Women's 50m Backstroke		19	Men's 50m Freestyle MC		33	Men's 50m Breaststroke	
8	Men's 50m Backstroke		20	Men's 100m Backstroke		34	Women's 50m Breaststroke	
9	Women's 200m Freestyle MC		21	Women's 400m Freestyle		35	Men's 50m Backstroke MC	
10	Men's 200m Freestyle MC		22	Women's 50m Freestyle MC		36	Women's 50m Backstroke MC	
11	Men's 400m Freestyle		23	Men's 50m Breaststroke MC		37	Men's 800m Freestyle TF	
12	Women's 4 x 100m Freestyle Relay TF		24	Women's 50m Breaststroke MC		38	Women's 4 x 200m Freestyle Relay TF	
			25	Men's 200 Freestyle				
			26	Men's 4 x 100m Freestyle Relay TF				
Thursday 7 April 2022 Day 4			Friday 8 April 2022 Day 5			Saturday 9 April 2022 Day 6		
39	Women's 100m Breaststroke MC		48	Men's 200 IM		57	Women's 200m Backstroke	
40	Men's 100m Breaststroke MC		49	Women's 100m Backstroke MC		58	Men's 100m Butterfly	
41	Men's 200m Breaststroke		50	Men's 100m Backstroke MC		59	Women's 800m Freestyle TF	
42	Women's 200m Butterfly		51	Men's 50m Butterfly MC		60	Women's 50m Freestyle	
43	Men's 100m Freestyle		52	Women's 50m Butterfly MC		61	Men's 50m Freestyle	
44	Men's 100m Freestyle MC		53	Women's 200m Breaststroke		62	Men's 1500m Freestyle TF	
45	Women's 100m Freestyle MC		54	Men's 200m Backstroke		63	Women's 4 x 100m Medley Relay TF	
46	Women's 1500m Freestyle TF		55	Women's 100m Freestyle		64	Men's 4 x 100m Medley Relay TF	
47	Men 4 x 200m Freestyle Relay TF		56	Mixed 4 x 100m Medley Relay TF				

Age Finals (Male 18 – 20 years and Female 17 – 19 years) and B Finals (if 26 or more swim in the heats) will be held.  
Distance events will be swum as timed finals with the slower heat in the morning and the faster heat at night.  
All relays will be timed finals with all heats in the morning heats session  
MC Swimmers- Carefully check the MC QT's document, you can only enter events you have qualified for