

Tuesday 17 May DAY 0 PRE-MEET & LAUNCH	Wednesday 18 May 2022 DAY 1 HEATS 9AM		Thursday 19 May 2022 DAY 2 HEATS 9AM	
<p>9AM to 11AM Pre-meet training</p> <p>11AM to 1PM - Tales From Tokyo</p> <p>A session for swimmers and their coaches to hear from some of the Dolphins team around their experiences from last years Tokyo Games and what motivates them towards Paris. <i>*limited tickets available</i></p> <p>4:00PM to 6:00PM Pre-meet training</p>	1	Men's 400 Freestyle	9	Women's 100m Butterfly
	2	Women's 100m Breaststroke	10	Men's 50m Butterfly
	3	Men's 100m Butterfly	11	Women's 50m Breaststroke
	4	Women's 100m Freestyle	12	Men's 200m Freestyle
	5	Men's 200m Backstroke	13	Women's 400m IM
	6	Men's 50m Freestyle	14	Women's 50m Backstroke
	7	Women's 800m Freestyle TF	15	Men's 200m Breaststroke
	AGE & B FINALS 5PM		AGE & B FINALS 5PM	
	A FINALS 7PM		A FINALS 7PM	
	1	Men's 400 Freestyle	9	Women's 100m Butterfly
	2	Women's 100m Breaststroke	10	Men's 50m Butterfly
	3	Men's 100m Butterfly	11	Women's 50m Breaststroke
	4	Women's 100m Freestyle	12	Men's 200m Freestyle
	5	Men's 200m Backstroke	13	Women's 400m IM
	6	Men's 50m Freestyle	14	Women's 50m Backstroke
7	Women's 800m Freestyle TF	15	Men's 200m Breaststroke	
8	Men's 4 x 200m Freestyle Relay TF	16	Women's 4 x 100m Freestyle Relay TF	
		17	Men's 4 x 100m Freestyle Relay TF	

Age Finals (Male 18 – 20 years and Female 17 – 19 years) and B Finals (provided at least 24 contest the heats) will be held at 5PM with A Finals at 7PM. 800m and 1500m events are timed finals with the fastest heat swum in the finals session. All relay events are timed finals and will be contested in the evening finals session. Entries close 3rd May 2022 - Times achieved after the closing date will not be accepted under any circumstances.

Friday 20 May 2022 DAY 3 HEATS 9AM		Saturday 21 May 2022 DAY 4 HEATS 9AM		Sunday 22 May 2022 DAY 5 HEATS 9 AM	
18	Women's 200m Freestyle	26	Women's 200m Backstroke	34	Women's 50m Freestyle
19	Men's 200m IM	27	Men's 200 Butterfly	35	Men's 100m Backstroke
20	Women's 200m Breaststroke	28	Women's 50m Butterfly	36	Women's 200m Butterfly
21	Men's 50m Backstroke	29	Men's 400m IM	37	Men's 50m Breaststroke
22	Women's 100m Backstroke	30	Women's 1500m Freestyle TF	38	Women's 400m Freestyle
23	Men's 100m Breaststroke	31	Men's 100m Freestyle	39	Women's 200IM
24	Men's 800 Freestyle TF			40	Men's 1500m Freestyle TF
AGE & B FINALS 5PM		AGE & B FINALS 5PM		AGE & B FINALS 5PM	
A FINALS 7PM		A FINALS 7PM		A FINALS 7PM	
18	Women's 200m Freestyle	26	Women's 200m Backstroke	34	Women's 50m Freestyle
19	Men's 200m IM	27	Men's 200 Butterfly	35	Men's 100m Backstroke
20	Women's 200m Breaststroke	28	Women's 50m Butterfly	36	Women's 200m Butterfly
21	Men's 50m Backstroke	29	Men's 400m IM	37	Men's 50m Breaststroke
22	Women's 100m Backstroke	30	Women's 1500m Freestyle TF	38	Women's 400m Freestyle
23	Men's 100m Breaststroke	31	Men's 100m Freestyle	39	Women's 200IM
24	Men's 800 Freestyle TF	32	Women's 4 x 100m Medley Relay TF	40	Men's 1500m Freestyle TF
25	Women's 4 x 200m Freestyle Relay TF	33	Men's 4 x 100m Medley Relay TF	41	Mixed 4 x 100m Medley Relay TF

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