

Day 1 Saturday, 26th February 2022 @ Toa Payoh Swimming Complex

AM (Male)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (20 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15 mins)	Dry Up & Leave TPY (10mins)
	1	50m Back (Heat 1-5)	7.30am	7.40am to 8.00am	8.00am to 8.05am	8.15am-8.30am	8.30am-8.40am
	2	50m Back (Heat 6-11)	8.00am	8.15am-8.35am	8.35am-8.40am	8.40am-8.55am	8.55am-9.05am
	3	50m Back (Heat 12-17)	8.25am	8.40am-9.00am	9.00am-9.05am	9.05am-9.20am	9.20am-9.30am
	4	50m Back (Heat 18-23)	8.50am	9.05am-9.25am	9.25am-9.30am	9.30am-9.45am	9.45am-9.55am
	5	50m Free (Heat 1-6)	9.15am	9.30am-9.50am	9.50am-9.55am	9.55am-10.10am	10.10am-10.20am
	6	50m Free (Heat 7-12)	9.40am	9.55am-10.15am	10.15am-10.20am	10.20am-10.35am	10.35am-10.45am
	7	50m Free (Heat 13-18)	10.05am	10.20am-10.40am	10.40am-10.45am	10.45am-11.00am	11.00am-11.10am
	8	50m Free (Heat 19-24)	10.30am	10.45am-11.05am	11.05am-11.10am	11.10am-11.25am	11.25am-11.35am
	9	50m Free (Heat 25-30)	10.55am	11.10am-11.30am	11.30am-11.35am	11.35am-11.50am	11.50am-12.00pm
	10	50m Free (Heat 31-36)	11.20am	11.35am-11.55am	11.55am-12.00pm	12.00pm-12.15pm	12.15pm-12.25pm
	11	50m Free (Heat 37-42)	11.45am	12.00pm-12.20pm	12.20pm-12.25pm	12.25pm-12.40pm	12.40pm-12.50pm
	12	100m Breast (Heat 1-6)	12.10pm	12.25pm-12.45pm	12.45pm-12.50pm	12.50pm-1.05pm	1.05pm-1.15pm
	13	100m Breast (Heat 7-13)	12.35pm	12.50pm-1.10pm	1.10pm-1.15pm	1.15pm-1.30pm	1.30pm-1.40pm
	14	100m Fly (Heat 1-6)	1.00pm	1.15pm-1.35pm	1.35pm-1.40pm	1.40pm-1.55pm	1.55pm-2.05pm

PM (Female)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (20 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15mins)	Dry Up and leave TPY (10 mins)
	15	50m Fly (Heat 1-6)	1.25pm	1.40pm-2.00pm	2.00pm-2.05pm	2.05pm-2.20pm	2.20pm-2.30pm
	16	50m Fly (Heat 7-12)	1.50pm	2.05pm-2.25pm	2.25pm-2.30pm	2.30pm-2.45pm	2.45pm-2.55pm
	17	50m Fly (Heat 13) 50m breast (Heat 1-5)	2.15pm	2.30pm-2.50pm	2.50pm-2.55pm	2.55pm-3.10pm	3.10pm-3.20pm
	18	50m breast (Heat 6-11)	2.40pm	2.55pm-3.15pm	3.15pm-3.20pm	3.20pm-3.35pm	3.35pm-3.45pm
	19	50m breast (Heat 12-17)	3.05pm	3.20pm-3.40pm	3.40pm-3.45pm	3.45pm-4.00pm	4.00pm-4.10pm
	20	50m breast (Heat 18-22) 100m Free (Heat 1)	3.30pm	3.45pm-4.05pm	4.05pm-4.10pm	4.10pm-4.25pm	4.25pm-4.35pm
	21	100m Free (Heat 2-7)	3.55pm	4.10pm-4.30pm	4.30pm-4.35pm	4.35pm-4.50pm	4.50pm-5.00pm
	22	100m Free (Heat 8-13)	4.20pm	4.35pm-4.55pm	4.55pm-5.00pm	5.00pm-5.15pm	5.15pm-5.25pm
	23	100m Free (Heat 14-19)	4.45pm	5.00pm-5.20pm	5.20pm-5.25pm	5.25pm-5.40pm	5.40pm-5.50pm
	24	100m Back (Heat 1-6)	5.10pm	5.25pm-5.45pm	5.45pm-5.50pm	5.50pm-6.05pm	6.05pm-6.15pm
25	100m Back (Heat 7-8)	5.35pm	5.50pm-6.05pm	6.05pm-6.15pm	6.15pm-6.30pm	6.30pm-6.40pm	

*Please refer to the startlist to find out which wave the swimmer is in

Day 2 Sunday, 27th February 2022 @ Toa Payoh Swimming Complex

AM (Male)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (25 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15 mins)	Dry Up and leave TPY (10 mins)
	1	50m Fly (Heat 1-5)	7.30am	7.40am to 8.00am	8.00am to 8.05am	8.15am-8.30am	8.30am-8.40am
	2	50m Fly (Heat 6-11)	8.00am	8.15am-8.35am	8.35am-8.40am	8.40am-8.55am	8.55am-9.05am
	3	50m Fly (Heat 12-17)	8.25am	8.40am-9.00am	9.00am-9.05am	9.05am-9.20am	9.20am-9.30am
	4	50m Fly (Heat 18-20) 50m Breast (Heat 1-3)	8.50am	9.05am-9.25am	9.25am-9.30am	9.30am-9.45am	9.45am-9.55am
	5	50m Breast (Heat 4-9)	9.15am	9.30am-9.50am	9.50am-9.55am	9.55am-10.10am	10.10am-10.20am
	6	50m Breast (Heat 10-15)	9.40am	9.55am-10.15am	10.15am-10.20am	10.20am-10.35am	10.35am-10.45am
	7	50m Breast (Heat 16-21)	10.05am	10.20am-10.40am	10.40am-10.45am	10.45am-11.00am	11.00am-11.10am
	8	50m Breast (Heat 22-27)	10.30am	10.45am-11.05am	11.05am-11.10am	11.10am-11.25am	11.25am-11.35am
	9	50m Breast (Heat 28-29) 100m Free (Heat 1-5)	10.55am	11.10am-11.30am	11.30am-11.35am	11.35am-11.50am	11.50am-12.00pm
	10	100m Free (Heat 6-11)	11.20am	11.35am-11.55am	11.55am-12.00pm	12.00pm-12.15pm	12.15pm-12.25pm
	11	100m Free (Heat 12-17)	11.45am	12.00pm-12.20pm	12.20pm-12.25pm	12.25pm-12.40pm	12.40pm-12.50pm
	12	100m Free (Heat 18-23)	12.10pm	12.25pm-12.45pm	12.45pm-12.50pm	12.50pm-1.05pm	1.05pm-1.15pm
	13	100m Back (Heat 1-7)	12.35pm	12.50pm-1.10pm	1.10pm-1.15pm	1.15pm-1.30pm	1.30pm-1.40pm

PM (Female)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (25 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15mins)	Dry Up and leave TPY (15 mins)
	14	50m Back (Heat 1-6)	1.25pm	1.40pm-2.00pm	2.00pm-2.05pm	2.05pm-2.20pm	2.20pm-2.30pm
	15	50m Back (Heat 7-12)	1.50pm	2.05pm-2.25pm	2.25pm-2.30pm	2.30pm-2.45pm	2.45pm-2.55pm
	16	50m Back (Heat 13-15) 50m Free (Heat 1-3)	2.15pm	2.30pm-2.50pm	2.50pm-2.55pm	2.55pm-3.10pm	3.10pm-3.20pm
	17	50m Free (Heat 4-9)	2.40pm	2.55pm-3.15pm	3.15pm-3.20pm	3.20pm-3.35pm	3.35pm-3.45pm
	18	50m Free (Heat 10-15)	3.05pm	3.20pm-3.40pm	3.40pm-3.45pm	3.45pm-4.00pm	4.00pm-4.10pm
	19	50m Free (Heat 16-21)	3.30pm	3.45pm-4.05pm	4.05pm-4.10pm	4.10pm-4.25pm	4.25pm-4.35pm
	20	50m Free (Heat 22-27)	3.55pm	4.10pm-4.30pm	4.30pm-4.35pm	4.35pm-4.50pm	4.50pm-5.00pm
	21	50m Free (Heat 28) 100m Breast (Heat 1 - 4)	4.20pm	4.35pm-4.55pm	4.55pm-5.00pm	5.00pm-5.15pm	5.15pm-5.25pm
	22	100m Breast (Heat 5-10)	4.45pm	5.00pm-5.20pm	5.20pm-5.25pm	5.25pm-5.40pm	5.40pm-5.50pm
	23	100m Breast (Heat 11) 100m Fly (Heat 1-4)	5.10pm	5.35pm-5.45pm	5.45pm-5.50pm	5.50pm-6.05pm	6.05pm-6.15pm

*Please refer to the startlist to find out which wave the swimmer is in