

Day 1 Saturday, 15th Jan 2022

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)	Swim Down at CP and leave TPY (15 mins)
	1	50m Free	7.30am	7.45am to 8.10am	8.10am to 8.15am	8.15am to 8.30am	8.30am to 8.45am
	2	50m Free	8.00am	8.15am to 8.40am	8.40am to 8.45am	8.45am to 9.00am	9.00am to 9.15am
	3	50m Free	8.30am	8.45am to 9.10am	9.10am to 9.15am	9.15am to 9.30am	9.30am to 9.45am
	4	50m Free	9.00am	9.15am to 9.40am	9.40am to 9.45am	9.45am to 10.00am	10.00am to 10.15am
	5	50m Free + 100 back	9.30am	9.45am to 10.10am	10.10am to 10.15am	10.15am to 10.30am	10.30am to 10.45am
	6	100 Back	10.00am	10.15am to 10.40am	10.40am to 10.45am	10.45am to 11.00am	11.00am to 11.15am
	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (45 mins)	Reporting under Tentage (10 mins)	Race at Comp Pool (20mins)	Swim Down at CP and leave TPY (15 mins)
	7	200m Fly + 400 free	10.30am	10.45am to 11.30am	11.30am to 11.40am	11.40am to 12.00pm	12.00pm to 12.15pm
8	400 Free	11.15am	11.30am to 12.15pm	12.15pm to 12.25pm	12.25pm to 12.45pm	12.45pm to 1.00pm	

PM (Female)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (25 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15mins)	Swim Down at CP and leave TPY (15 mins)
	9	50 Fly	12.30pm	12.45pm to 1.10pm	1.10pm to 1.15pm	1.15pm to 1.30pm	1.30pm to 1.45pm
	10	50 Fly + 100 breast	1.00pm	1.15pm - 1.40pm	1.40pm to 1.45pm	1.45pm to 2.00pm	2.00pm to 2.15pm
	11	100m breast	1.30pm	1.45pm to 2.10pm	2.10pm to 2.15pm	2.15pm to 2.30pm	2.30pm to 2.45pm
	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (45 mins)	Reporting under Tentage (10 mins)	Race at Comp Pool (20 - 30 mins)	Swim Down at CP and leave TPY (15 mins)
	12	200m IM	2.00pm	2.15pm to 3.00pm	3.00pm to 3.10pm	3.10pm to 3.30pm	3.30pm to 3.45pm
13	200m IM + 800 Free	2.45pm	3.00pm to 3.45pm	3.45pm to 3.55pm	3.55pm to 4.25pm	4.25pm to 4.40pm	

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

Day 2 Sunday, 16th Jan 2022

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)	Swim Down at CP and leave TPY (15 mins)
	1	50m Fly	7.30am	7.45am to 8.10am	8.10am to 8.15am	8.15am to 8.30am	8.30am to 8.45am
	2	50m Fly	8.00am	8.15am to 8.40am	8.40am to 8.45am	8.45am to 9.00am	9.00am to 9.15am
	3	50m Fly	8.30am	8.45am to 9.10am	9.10am to 9.15am	9.15am to 9.30am	9.30am to 9.45am
	4	50m Fly + 100 Breast	9.00am	9.15am to 9.40am	9.40am to 9.45am	9.45am to 10.00am	10.00am to 10.15am
	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (45 mins)	Reporting under Tentage (10 mins)	Race at Comp Pool (20mins)	Swim Down at CP and leave TPY (15 mins)
	5	100m Breast + 200m IM	9.30am	9.45am to 10.30am	10.30pm to 10.40am	10.40am to 11.00am	11.00am to 11.15am
	6	200m IM	10.15am	10.30am to 11.15am	11.15am to 11.25pm	11.25pm to 11.45am	11.45am to 12.00pm
	7	200M IM	11.00am	11.15am to 12.00pm	12.00pm to 12.10pm	12.10pm to 12.30pm	12.30pm to 12.45pm
8	800 Free	11.45am	12.00pm to 12.45pm	12.45pm to 12.55pm	12.55pm to 1.30pm	1.30pm to 1.45pm	

PM (Female)	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (25 mins)	Reporting under Tentage (5 mins)	Race at Comp Pool (15mins)	Swim Down at CP and leave TPY (15 mins)
	9	50m Free	1.15pm	1.30pm to 1.55pm	1.55pm to 2.00pm	2.00pm - 2.15pm	2.15pm to 2.30pm
	10	50m Free	1.45pm	2.00pm to 2.25pm	2.25pm to 2.30pm	2.30pm to 2.45pm	2.45pm to 3.00pm
	11	50m Free + 100m Back	2.15pm	2.30pm to 2.55pm	2.55pm to 3.00pm	3.00pm to 3.15pm	3.15pm to 3.30pm
	Wave	Events	Registration at Entrance	Warm Up in Dv Pool (45 mins)	Reporting under Tentage (10 mins)	Race at Comp Pool (20 -30mins)	Swim Down at CP and leave TPY (15 mins)
	12	100m Back + 200m Fly	2.45pm	3.00pm to 3.45pm	3.45pm to 3.55pm	3.55pm to 4.15pm	4.15pm to 4.30pm
13	400m Free	3.30pm	3.45pm to 4.30pm	4.30pm to 4.40pm	4.40pm to 5.10pm	5.10pm to 5.25pm	

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