

Day 1 22 nd Jan 2022	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
Est Timeline	0	0-20mins	15-85mins	85-90mins	90-105mins	105-135mins	Total: 2hrs 20mins
Minutes	0	20mins	70mins	5mins	15mins	30mins	
Event 101/102 • 50 Freestyle • Heat 1-2 FLIGHT A	7.45am	-	7.50am-9.00am (Competition Pool)	9.00am-9.15am (clear comp pool)	9.15am-9.30am	9.30am-10.00am	Warm Down Diving Pool (F) /Comp Pool (M)
Event 103/104 • 100 Breaststroke • Heat 1-2 FLIGHT A	8.25am	8.25am-8.45am	8.45am-9.55am	9.55am-10.00am	10.00am-10.15am	10.15am-10.45am	Diving Pool (F) /Comp Pool (M)
Event 105/106 • 200 Butterfly • Heat 1-2 FLIGHT A	9.35am	9.35am-9.55am	9.55am-11.05am	11.05am-11.10am	11.10am-11.25am	11.25am-11.55am	Diving Pool (F) /Comp Pool (M)
Event 107/108 • 800 Freestyle • Heat 1-2 FLIGHT A	10.45am	10.45am-11.05am	11.05am-12.15pm	12.15pm-12.20pm	12.20pm-1.00pm	1.00pm-1.30pm	Diving Pool (F) /Comp Pool (M)
Event 101/102 • 50 Freestyle • Heat 3-4 FLIGHT B	12.05pm	12.05pm-12.25pm	12.25pm-1.25pm	1.25pm-1.30pm	1.30pm-1.45pm	1.45pm-2.15pm	Diving Pool (F) /Comp Pool (M)
Event 103/104 • 100 Breaststroke • Heat 3-4 FLIGHT B	1.05pm	1.05pm-1.25pm	1.25pm-2.25pm	2.25pm-2.30pm	2.30pm-2.45pm	2.45pm-3.15pm	Diving Pool (F) /Comp Pool (M)
Event 105/106 • 200 Butterfly • Heat 3-4 FLIGHT B	2.05pm	2.05pm-2.25pm	2.25pm-3.25pm	3.25pm-3.30pm	3.30pm-3.45pm	3.45pm-4.15pm	Diving Pool (F) /Comp Pool (M)
Event 107/108 • 800 Freestyle • Heat 3-4 FLIGHT B	3.05pm	3.05pm-3.25pm	3.25pm-4.25pm	4.25pm-4.30pm	4.30pm-5.00pm *(2M + 1F)	5.00pm-5.30pm	Diving Pool (F) /Comp Pool (M)

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IN SUPPORT OF
SPORT PROMOTION



PARTNER
IN SPORT



Giving Hope
Improving Lives

Day 2 23 rd Jan 2022	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
Est Timeline	0	0-20ins	15-85mins	85-90mins	90-105mins	105-135mins	Total: 2hrs 20mins
Minutes	0	20mins	70mins	5mins	15mins	30mins	
Event 201/202 • 50 Butterfly • Heat 1-2 FLIGHT A	7.45am	-	7.50am-9.00am (Competition Pool)	9.00am-9.15am (clear comp pool)	9.15am-9.30am	9.30am-10.00am	Warm Down Diving Pool (F) /Comp Pool (M)
Event 203/204 • 100 Backstroke • Heat 1-2 FLIGHT A	8.25am	8.25am-8.45am	8.45am-9.55am	9.55am-10.00am	10.00am-10.15am	10.15am-10.45am	Diving Pool (F) /Comp Pool (M)
Event 205/206 • 200 IM • Heat 1-2 FLIGHT A	9.35am	9.35am-9.55am	9.55am-11.05am	11.05am-11.10am	11.10am-11.25am	11.25am-11.55am	Diving Pool (F) /Comp Pool (M)
Event 207/208 • 400 Freestyle • Heat 1-2 FLIGHT A	10.45am	10.45am-11.05am	11.05am-12.15pm	12.15pm-12.20pm	12.20pm-12.35pm	12.35pm-1.05pm	Diving Pool (F) /Comp Pool (M)
Event 201/202 • 50 Butterfly • Heat 3-4 FLIGHT B	11.55am	11.55am-12.15pm	12.15pm-1.15pm	1.15pm-1.20pm	1.20pm-1.35pm	1.35pm-2.05pm	Diving Pool (F) /Comp Pool (M)
Event 203/204 • 100 Backstroke • Heat 3-4 FLIGHT B	12.55pm	12.55pm-1.15pm	1.15pm-2.15pm	2.15pm-2.20pm	2.20pm-2.35pm	2.35pm-3.05pm	Diving Pool (F) /Comp Pool (M)
Event 205/206 • 200 IM • Heat 3-4 FLIGHT B	1.55pm	1.55pm-2.15pm	2.15pm-3.15pm	3.15pm-3.20pm	3.20pm-3.35pm	3.35pm-4.05pm	Diving Pool (F) /Comp Pool (M)
Event 207/208 • 400 Freestyle • Heat 3-4 FLIGHT B	2.55pm	2.55pm-3.15pm	3.15pm-4.15pm	4.15pm-4.20pm	4.20pm-4.35pm	4.35pm-5.00pm	Diving Pool (F) /Comp Pool (M)

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