



***5th Singapore National  
Swimming Championships 2009  
10 – 14 JUNE 2009***

**EVENT INFORMATION  
(RELEASED ON 29 APRIL 2009)**



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## 1.0 COMPETITION INFORMATION

**Entries Closing Date:** **Wednesday, 27 May 2009**

Technical Meeting for Team Leaders: 8 June 2009 Monday

Post Competition Debrief: 19 June 2009 Friday

Competition: 5<sup>th</sup> Singapore National Swimming Championships 2009

Details:	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Competition</u>	<u>Warm-Up</u>
	1	10 June 2009	Wednesday	9:00 a.m.	7:30 a.m.
	2	10 June 2009	Wednesday	7:00 p.m.	5:30 p.m.
	3	11 June 2009	Thursday	9:00 a.m.	7:30 a.m.
	4	11 June 2009	Thursday	7:00 p.m.	5:30 p.m.
	5	12 June 2009	Friday	9:00 a.m.	7:30 a.m.
	6	12 June 2009	Friday	7:00 p.m.	5:30 p.m.
	7	13 June 2009	Saturday	9:00 a.m.	7:30 a.m.
	8	13 June 2009	Saturday	5:00 p.m.	3.30 p.m.
	9	14 June 2009	Sunday	9:00 a.m.	7:30 a.m.
	10	14 June 2009	Sunday	5:00 p.m.	3:30 p.m.

Venue: Singapore Sports School Swimming Complex

## 2.0 GENERAL INFORMATION

2.1 Auspices – The 5th Singapore National Swimming Championships 2009 (“Championships”) is organised by the Singapore Swimming Association (“SSA”).



2.2 The SNSC Management Committee consists of:

Advisers:	Jeffrey LEOW	OON Jin Gee
	WOON Sui Kut	
Chairperson:	Grace CHEONG	
Vice-chairperson:	ANG Peng Wee	
Secretary:	Damien LER	
Members:	ANG Peng Siong	ONG Hock Lai
	WEN Xin Long	Carol CAPITANI
	Aloysius YEO	Jane NG

2.3 Rules – The Championships will be governed by the Rules and Regulations as prescribed in the [FEDERATION INTERNATIONALE DE NATATION](#) (“FINA”) Handbook 2005-2009. The One-Start Rule applies.

2.4 Events listed below will be for both men and women:  
Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m  
Backstroke: 50m, 100m and 200m  
Breaststroke: 50m, 100m and 200m  
Butterfly: 50m, 100m and 200m  
Individual Medley: 200m and 400m  
Freestyle Relays: 4x100m and 4x200m  
Medley Relay: 4x100m

2.4 Format of Competition – The Championships are run in the FINA Long-Course Metres (LCM) format. Heats will be run in the morning and Finals in the evening, over five consecutive days.

a) Heats

Competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.



b) Finals

A' Finals – the top eight (8) finishers of the Heats of each individual event (with the exception of Timed Final races).

B' Finals – the balance of swimmers within the top sixteen (16) finishers of the Heats of each individual event who are not eligible to compete in the 'A' Finals (Except the 800m and 1500m Freestyle races).

c) Timed Finals

All 800m and 1500m Freestyle races will be swum as Timed Finals, with the fastest seeded Heat swum during the evening Finals session. A cut off time of 25 minutes will be enforced for 1500m (both men and women), and a cut off time 15 minutes for 800m (both men and women).

d) Finalists shall be allocated lanes via the spearhead principle from the results of the Heats.

i) A maximum of four (4) foreign swimmers would be permitted to compete in the Finals (two (2) swimmers in each of the 'A' and 'B' Finals). This is provided they finish within the top eight (8) positions or 9th-16th accordingly at the Heats. Should more than two (2) foreign swimmers finish within the top eight (8) positions at the Heats, only the two (2) fastest foreign swimmers would compete in the 'A' Finals and up to two (2) more foreign swimmers in the 'B' Finals.

ii) Definition of "foreign swimmers" refers to swimmers who are not Singapore Citizens.

2.5 Technical Officials – All Technical Officials shall be appointed by the SSA Technical Swimming Committee.

2.6 The SNSC Management Committee reserves the right to the final decision on all matters pertaining to the Championships.



### 3.0 ELIGIBILITY

3.1 The Championships is open to swimmers who are:

- Existing **REGISTERED SWIMMERS** of SSA Affiliates (**SSA Registration System**) and who are of good standing

To register, please go to:

[http://cremeworkz2.dyndns.org/projects/ssa\\_live/corporate/login.php](http://cremeworkz2.dyndns.org/projects/ssa_live/corporate/login.php)

- Existing members of other National Federations affiliated to FINA who meet the entry qualification standards, provided they hold valid participation clearance from their Federation

- Invited by SSA

3.2 All swimmers must meet the Qualifying Entry Times ("QET") specified for each individual event of the Championships ("race"). QETs are based on 450 FINA points.

3.3 An administrative fee of **S\$25.00** (Heats) and **S\$50.00** (Finals) shall be imposed if a swimmer returns a time slower than the QET.

### 4.0 ENTRY REGULATIONS

4.1 All entries must be submitted through SSA Affiliates or FINA-affiliated National Federations ("Participating Organisation").

4.2 Entries must be accompanied by full payment upon submission by **Wednesday, 27 May 2009. Late entries will NOT be accepted.**

4.3 Entry Fees

- a. Individual – **S\$10.00** per event
- b. Relays – **S\$20.00** per event

4.4 Kindly make cheques payable to "**Singapore Swimming Association**".



- 4.5 As an administrative incentive, SSA will extend a 20% discount off the total entry fees due to Affiliates which submit entries electronically via the Hy-Tek Sports Software's *Team Manager* format by **Wednesday, 27 May 2009**. Affiliates which do not own the software may download a free version *Team Manager Lite* from <http://www.hy-tek.com/downloads.html>.
- 4.6 The NRIC number for Singapore Citizens and Passport Number for Foreigners must be included in all entries submitted via the *Team Manager* format
- 4.7 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.

## 5.0 DNS/WITHDRAWALS

- 5.1 Did Not Start ("DNS") at Heats
- An administrative fee of **S\$20.00** shall be imposed for each **DNS** at the Heats.
  - There shall be no need for submission of Withdrawal Forms.
  - The administrative fee and penalty will be waived if the swimmer produces a valid medical certificate from a Singapore-registered Medical Practitioner for the relevant day of the race. However, the swimmer will not be permitted to participate in any further races for the day.
- 5.2 Withdrawal from Finals
- All withdrawals from Finals (both 'A' and 'B') **including** the 17<sup>th</sup> and 18<sup>th</sup> positions of each event must submit the withdrawal form to the Control Room Supervisor within thirty (30) minutes following either the end of the Heats of the same day in which the qualification took place, or after the list of finalists has been published, whichever is later. No administrative fee shall be imposed for the withdrawal within the allocated time.
  - Failure of finalists to report for their race(s), without valid reasons (Example of valid reasons: medical certificate or proof of extenuating circumstances upon submission of withdrawal from/within the day of submission), may result in the swimmer being disqualified from all events of the Championships and fined S\$100.00 and be subject to further disciplinary action by SSA.



## 6.0 MEDALS & RECORDS

6.1 Medals will be awarded to the top three Singaporean swimmers in the 'A' Finals. Medals will also be awarded to the foreign swimmers in the 'A' Finals if they are placed in the top 3 positions.

6.2 The Best Performer Award for Male and Female Swimmers of the Championships shall be selected based on the average sum of FINA points in their top three events swam during Finals.

The Most Versatile Swimmer Award for Male and Female Swimmers of the Championships shall be selected based on the average sum of FINA points in their 400m Free and 200m IM swam during Finals.

6.3 Overall Club Performance shall be based on the total amount of points scored (relays score double points; top 8 finalists only):

<u>Position</u>	<u>Points awarded:</u>
Places 1-16:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays 1-8:	40-34-32-30-28-26-24-22

6.4 Meet Records established by any participating swimmer (both local and foreign) will be officially recognised.

6.5 Age computation, for the purposes of Under-14 and Under-17 National Records recognition, will be based on the day of competition.

6.6 The following Challenge trophies (for Singapore Citizens only) will be awarded:

Challenge Trophy	- SSA Affiliate with the most points
Neo Chwee Kok Cup	- 100m Freestyle Men's Champion
Chan Ah Kow Cup	- 100m Butterfly Men's Champion
Kee Soon Bee Cup	- 400m Freestyle Women's Champion



## 7.0 SELECTION CRITERIA

Swimmers selected to represent Singapore in the following meets will need to meet the following conditions:

- Singapore Citizen.
- Existing REGISTERED SWIMMER of SSA affiliates (SSA Registration System) and who are of good standing.
- Completed and signed the SSA Athlete Agreement form.

### 7.1 25<sup>th</sup> Southeast Asia Games (December 13<sup>th</sup> – 21<sup>st</sup> 2009)

Athletes who qualify in the Olympic Events via the criteria set below are eligible for selection to the Team. Swimmers not qualifying via the outlined criteria will not be eligible to be selected to the Team, unless they are subsequently selected to fill a vacant position due to unforeseen circumstances or at the discretion of the SSA governing body.

SSA shall recommend the top **TWO** qualifiers for each individual event (Olympic event), based on the following:

- Only Singapore Citizens are eligible.
- For national athletes competing in Singapore, qualifying times must be achieved at the 5<sup>th</sup> Singapore Open, 10-14 June 2009.  
**ONLY TIMES FROM FINALS WILL BE RECOGNISED.**
- For overseas athletes, qualifying times must be achieved by 14 June 2009 at a sanctioned, Long Course meet that has previously been approved by SSA High Performance Team.
- Category A** – Qualifying Times must be equal to or faster than the 3<sup>rd</sup> place Individual event set at the 2007 SEA Games.
- Category B** - Based on allowance off the Category A qualifying times. Category B qualifiers will be considered to fill vacancies in individual events that are not being filled by Category A qualifiers. Please see below for qualifying times.
- Freestyle Relays** – The FOUR fastest swimmers in the 100m Freestyle and 200m Freestyle shall be considered, provided their aggregate time beats the THIRD-placing time set at the 2007 SEA Games.
- Medley Relay** – The TOP or fastest swimmer in 100m Backstroke, 100m Breaststroke, 100m Butterfly, and 100m Freestyle shall be considered, provided their aggregate time beats the THIRD-placing time set at the 2007 SEA Games.
- The final composition on the Relay teams will be decided by the SSA High Performance Team and the appointed Coaching staff during the Games.

- I. SSA will also take into consideration the following factors:
- Strategic Attributes – Team (strength, depth and needs) and financial considerations
  - Swimmers’ Attributes – High Performance status and commitment toward preparation
- J. **All nominated swimmers will be submitted to SNOC for approval.**

**2009 SEA GAMES QUALIFYING TIMING**

S/N	Event (Men)	Cat A	Cat B
1	50M FREESTYLE	00:23.51	00:23.75
2	100M FREESTYLE	00:52.16	00:52.68
3	200M FREESTYLE	01:53.59	01:54.73
4	400M FREESTYLE	03:59.81	04:01.01
5	1500M FREESTYLE	16:07.99	16:12.83
6	100M BACKSTROKE	00:59.60	01:00.02
7	200M BACKSTROKE	02:09.32	02:10.61
8	100M BREASTSTROKE	01:04.66	01:05.31
9	200M BREASTSTROKE	02:21.32	02:22.73
10	100M BUTTERFLY	00:55.59	00:56.15
11	200M BUTTERFLY	02:03.97	02:05.21
12	200M INDIVIDUAL MEDLEY	02:09.25	02:10.54
13	400M INDIVIDUAL MEDLEY	04:40.42	04:41.82
14	4X100M FREE RELAY	03:32.59	N.A
15	4X200M FREE RELAY	07:43.28	N.A
16	4X100M MEDLEY RELAY	03:52.14	N.A
S/N	Event (Women)	Cat A	Cat B
1	50M FREESTYLE	00:26.80	00:27.07
2	100M FREESTYLE	00:58.45	00:59.03
3	200M FREESTYLE	02:05.75	02:07.01
4	400M FREESTYLE	04:22.55	04:23.86
5	800M FREESTYLE	09:00.43	09:03.13
6	100M BACKSTROKE	01:06.03	01:06.69
7	200M BACKSTROKE	02:21.43	02:22.84
8	100M BREASTSTROKE	01:13.57	01:14.31
9	200M BREASTSTROKE	02:39.16	02:40.75
10	100M BUTTERFLY	01:02.25	01:02.87
11	200M BUTTERFLY	02:20.71	02:22.12
12	200M INDIVIDUAL MEDLEY	02:21.22	02:22.63
13	400M INDIVIDUAL MEDLEY	04:55.86	04:57.34
14	4X100M FREE RELAY	04:01.72	N.A
15	4X200M FREE RELAY	08:27.13	N.A
16	4X100M MEDLEY RELAY	04:25.00	N.A



## 7.2 13<sup>th</sup> FINA World Swimming Championships (July 17<sup>th</sup> to August 2<sup>nd</sup> 2009)

The 13<sup>th</sup> FINA World Swimming Championships will be considered as a Preparatory Meet for the 25<sup>th</sup> Southeast Asian Games 2009.

Selection of Local Swimmers will be based on 39<sup>th</sup> SNAG and 5<sup>th</sup> SNSC results. Swimmers meeting the SEA Games Selection Criteria will be considered.

Selection of Overseas Swimmers will be based on two nominated meets before 14<sup>th</sup> June 2009. Swimmers meeting the SEA Games Selection Criteria will be considered.

## 7.3 6<sup>th</sup> ASIAN Age Group Swimming Championships (August 9<sup>th</sup> – 13<sup>th</sup> 2009)

Selection criteria will be based on the following recommendations:

- Top 2 in each event of the 14 yrs & under and the swimmers must have achieved a minimum of 600 FINA Points in the event
- Top 2 in each event of the 15 – 17 yrs age group and the swimmers must have achieved a minimum of 620 FINA Points in the event
- Top 1 in each event of the 18 yrs & above and the swimmers must have achieved a minimum of 650 FINA Points in the event

Swimmers selected for the 13<sup>th</sup> FINA World Swimming Championships will **NOT BE ELIGIBLE** for consideration to the 6<sup>th</sup> Asian Age Group Swimming Championships.

Swimmers who have been selected and have agreed by signing the Athlete Agreement will have to submit an amount of \$3000. Should there be a need for withdrawal, valid reason and justification or proof must be produced.

Swimmers who have achieved either Gold, Silver or Bronze medal in the 6<sup>th</sup> Asian Age Group Swimming Championships will be reimbursed 75%, 50% and 25% accordingly.

**FINA POINTS**

Events	MALE			FEMALE		
	600 FINA	620 FINA	650 FINA	600 FINA	620 FINA	650 FINA
50M FREESTYLE	00:25.48	00:25.20	00:24.81	00:28.71	00:28.39	00:27.95
100M FREESTYLE	00:56.40	00:55.79	00:54.91	01:03.37	01:02.68	01:01.70
200M FREESTYLE	02:04.60	02:03.25	02:01.32	02:17.25	02:15.75	02:13.63
400M FREESTYLE	04:24.08	04:21.21	04:17.13	04:48.34	04:45.20	04:40.74
1500M / 800M FREESTYLE	17:26.90	17:15.51	16:59.32	08:51.58	09:45.14	09:35.99
50M BACKSTROKE	00:29.48	00:29.16	00:28.70	00:33.20	00:32.84	00:32.33
100M BACKSTROKE	01:02.83	01:02.14	01:01.17	01:10.19	01:09.43	01:08.34
200M BACKSTROKE	02:16.71	02:15.23	02:13.11	02:30.55	02:28.91	02:26.59
50M BREASTSTROKE	00:32.51	00:32.16	00:31.66	00:36.36	00:35.96	00:35.40
100M BREASTSTROKE	01:10.68	01:09.91	01:08.82	01:18.71	01:17.85	01:16.63
200M BREASTSTROKE	02:32.75	02:31.08	02:28.72	02:49.28	02:47.44	02:44.82
50M BUTTERFLY	00:27.66	00:27.36	00:26.93	00:30.66	00:30.33	00:29.86
100M BUTTERFLY	01:00.51	00:59.86	00:58.92	01:07.84	01:07.11	01:06.06
200M BUTTERFLY	02:14.95	02:13.48	02:11.39	02:29.00	02:27.38	02:25.07
200M INDIVIDUAL MEDLEY	02:19.01	02:17.50	02:15.35	02:34.13	02:32.46	02:30.07
400M INDIVIDUAL MEDLEY	04:55.63	04:52.41	04:47.84	05:23.75	05:20.23	05:15.22

**7.4 3<sup>rd</sup> Asian Indoor Games (October 30<sup>th</sup> – November 8<sup>th</sup> 2009)**

Swimmer nominated for the 25<sup>th</sup> SEA Games and the FINA Arena World Cup Series (except Singapore leg) will **NOT BE ELIGIBLE** for consideration.

The Selection Criteria will be furnished once SSA receives the Information Pack for the 3<sup>rd</sup> ASIAN Indoor Games.

**7.5 FINA World Cup Series 1-6**

- a) FINA World Cup Series 1-5 will be considered as a Preparatory Meet for the 25<sup>th</sup> Southeast Asia Games 2009.

SSA will also take into consideration the following factors:

- Strategic Attributes – Team (strength, depth and needs) and financial considerations
- Swimmers' Attributes – High Performance status and commitment toward preparation

- b) FINA World Cup Series 6 in Singapore will be considered both as a Preparatory and Developmental Meet.



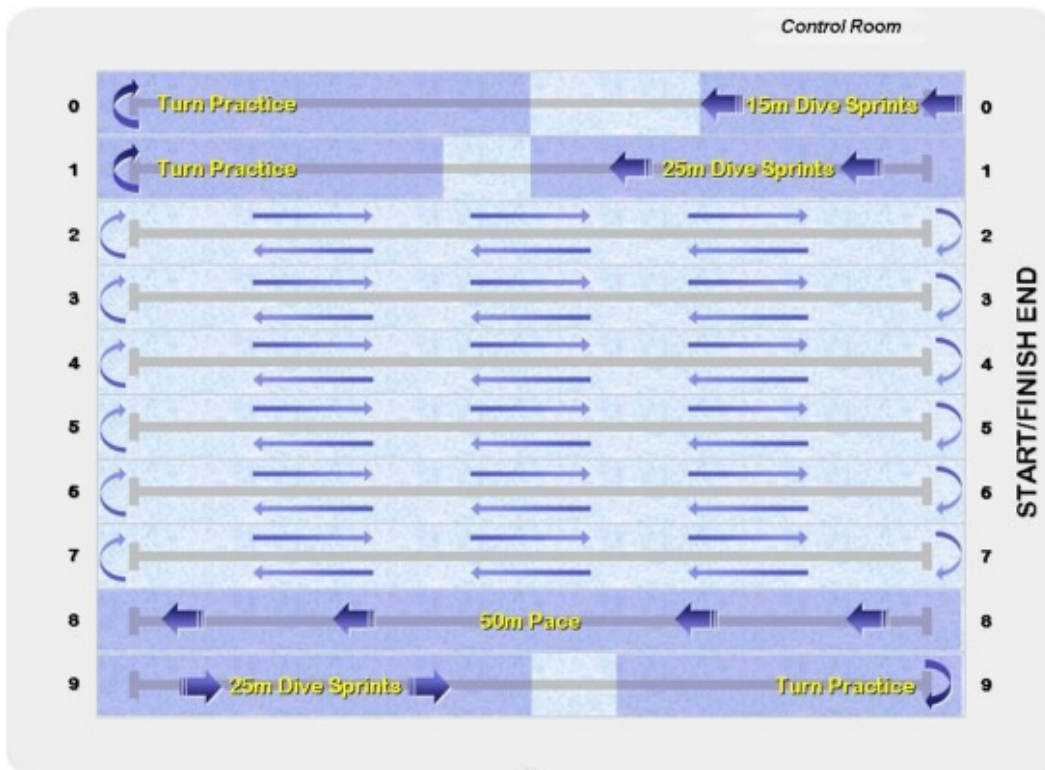
8.3 Smoking and the consumption of alcohol are **STRICTLY PROHIBITED** in the entire Singapore Sports School premises. SSA requests for strict compliance to this rule at all times.

**9.0 WARM-UP GUIDELINES**

9.1 The Competition and Warm-Up Pools will be available for warm-ups one and the half hour before the competitions commence. The Competition Pool will be closed twenty (20) minutes before the beginning of each session.

9.2 Teams requesting to use the Competition and Warm-Up Pools prior to the competition day will be charged \$15/lane/hour (subject to availability). SSA will not be held liable for any mishap, injury, loss of life or loss of personal property that may occur in the course of pool usage.

9.3 Lane assignments for warm-ups will be in accordance with FINA Warm-Up Guidelines (FINA TSC 30 Jan 2001), as follows:





#### 9.4 Competition Pool:

- a. The schematic in the diagram shall be observed at all times during warm-ups.
- b. There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 50m Pace Lane (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.
- c. The use of swim paddles is prohibited during warm-up.
- d. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
- e. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.

#### 9.5 Warm-Up Pool:

- a. The Warm-Up Pool will be **CIRCLE SWIMMING ONLY**, with feet first entry from sitting position at all times
- b. The use of swim paddles is prohibited during warm-up.

### 10.0 PROTESTS

#### 10.1 Protests are possible:

- a. if the rules and regulations for the conduct of the competition are not observed,
- b. if other conditions endanger the competitions and/or competitors, or
- c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.



- 10.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.
- 10.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.
- 10.4 Protests must be submitted in accordance with the following:
- a. In writing, with the supporting facts.
  - b. With a deposit of **S\$100.00** encbsed.
  - c. Submitted to the Meet Referee by Affiliate Team Manager. No proxies will be entertained.
  - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 10.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Manager may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 10.6 If the protest is rejected, the deposit shall be forfeited to the SNSC Management Committee. If the protest is upheld, the deposit shall be returned.

## **11.0 DOPING CONTROL**

- 11.1 Anti-doping tests shall be implemented at the Championships, in the form of random tests through the collection of Championship competitors' urine samples.
- 11.2 Procedures shall be implemented in accordance with the FINA Doping Control Rules, which incorporates the [World Anti-Doping Agency \(WADA\) Prohibited List 2009](#). The List of



Prohibited Substances and Methods may be found at the following website:

<http://www.wada-ama.org/en/prohibitedlist.ch2>

- 11.3 The appointed Drug Control Official (DCO) shall be empowered to collect urine samples from selected competitors, and to send selected samples to a WADA-accredited laboratory for screening of banned substances.
- 11.4 The following urine sample collection procedure may occur:
- Chaperone notifies Competitor of testing intent, provides information, and collects signed form acknowledging notification to be tested.
  - Competitor should proceed within one hour to the Drug Control Area (DCA), and when ready, provide a urine sample, witnessed by a DCO of the same sex.
  - Competitors are advised not to consume any unsealed drinks as they may not be used as grounds for challenging a test result.
  - Competitor would be asked to follow stipulated procedures to ensure the urine sample is tamper-proof, securely-labeled and traceable. Competitor would subsequently be asked to declare any medications he/she may have taken.
  - Competitor, accompanied by Chaperone at all times, will be permitted to warm-down, participate in medal ceremonies, compete in further events, and/or fulfill media commitments, before sample is collected.
  - Competitor's Team Manager or Coach may be present in the DCA to witness the proceedings.

**12.0 MEET QET - QUALIFYING ENTRY TIMES (450 FINA POINTS)**

MEN		WOMEN	
50m freestyle	28.05	50m freestyle	31.60
100m freestyle	1:02.08	100m freestyle	1:09.76
200m freestyle	2:17.16	200m freestyle	2:31.07
400m freestyle	4:50.69	400m freestyle	5:17.39
800m freestyle	10:07.85	800m freestyle	10:51.17
1500m freestyle	19:12.37	1500m freestyle	20:48.95
50m backstroke	32.45	50m backstroke	36.55
100m backstroke	1:09.16	100m backstroke	1:17.26
200m backstroke	2:30.49	200m backstroke	2:45.72
50m breaststroke	35.79	50m breaststroke	40.02
100m breaststroke	1:17.80	100m breaststroke	1:26.64
200m breaststroke	2:48.14	200m breaststroke	3:06.33
50m butterfly	30.45	50m butterfly	33.75
100m butterfly	1:06.61	100m butterfly	1:14.68
200m butterfly	2:28.54	200m butterfly	2:44.01
200m IM	2:33.02	200m IM	2:49.66
400m IM	5:25.41	400m IM	5:56.37



**13.0 ORDER OF EVENTS**

DATE	TIME	NO	EVENT			REMARKS	
<b>Wednesday 10-Jun-09</b>	<b>9am</b>	1	100m Freestyle	Women	Heats		
		2	200m Backstroke	Men	Heats		
		3	200m Backstroke	Women	Heats		
		4	400m Individual Medley	Men	Heats		
		5	200m Individual Medley	Women	Heats		
		6	50m Breaststroke	Men	Heats		
		7	50m Breaststroke	Women	Heats		
		8	4x200m Freestyle Relay	Men	Heats		
		9	4x200m Freestyle Relay	Women	Heats		
	<b>7pm</b>	10	100m Freestyle	Women	Final B		
			100m Freestyle	Women	Final A		
		11	200m Backstroke	Men	Final B		
			200m Backstroke	Men	Final A		
		12	200m Backstroke	Women	Final B		
			200m Backstroke	Women	Final A		
			Medal Ceremony: 100m Freestyle	Women			
			Medal Ceremony: 200m Backstroke	Men			
		13	400m Individual Medley	Men	Final B		
			400m Individual Medley	Men	Final A		
		14	200m Individual Medley	Women	Final B		
			200m Individual Medley	Women	Final A		
			Medal Ceremony: 200m Backstroke	Women			
			Medal Ceremony: 400m Individual Medley	Men			
		15	50m Breaststroke	Men	Final B		
			50m Breaststroke	Men	Final A		
		16	50m Breaststroke	Women	Final B		
			50m Breaststroke	Women	Final A		
			Medal Ceremony: 200m Individual Medley	Women			
			Medal Ceremony: 50m Breaststroke	Men			
		17	4x200 Freestyle Relay	Men	Final A		
		18	4x200 Freestyle Relay	Women	Final A		
			Medal Ceremony: 50m Breaststroke	Women			
			Medal Ceremony: 4x200m Freestyle Relay	Men			
		Medal Ceremony: 4x200m Freestyle Relay	Women				



<b>Thursday 11-Jun-09</b>	<b>9am</b>	19	100m Freestyle	Men	Heats	*all but fastest 8
		20	100m Breaststroke	Women	Heats	
		21	100m Breaststroke	Men	Heats	
		22	400m Freestyle	Women	Heats	
		23	200m Individual Medley	Men	Heats	
		24	50m Butterfly	Women	Heats	
		25	50m Butterfly	Men	Heats	
		26	4x100m Freestyle Relay	Women	Heats	
		27	800m Freestyle	Men	Timed Finals	
	<b>7pm</b>	28	100m Freestyle	Men	Final B	Fastest
			100m Freestyle	Men	Final A	
		29	100m Breaststroke	Women	Final B	
			100m Breaststroke	Women	Final A	
		30	100m Breaststroke	Men	Final B	
			100m Breaststroke	Men	Final A	
			Medal Ceremony: 100m Freestyle	Men		
			Medal Ceremony: 100m Breaststroke	Women		
		31	400m Freestyle	Women	Final B	
			400m Freestyle	Women	Final A	
		32	200m Individual Medley	Men	Final B	
			200m Individual Medley	Men	Final A	
			Medal Ceremony: 100m Breaststroke	Men		
			Medal Ceremony: 400m Freestyle	Women		
		33	50m Butterfly	Women	Final B	
			50m Butterfly	Women	Final A	
		34	50m Butterfly	Men	Final B	
			50m Butterfly	Men	Final A	
			Medal Ceremony: 200m Individual	Men		
			Medal Ceremony: 50m Butterfly	Women		
		35	4x100m Freestyle Relay	Women	Final A	
		36	800m Freestyle	Men	Final A	
			Medal Ceremony: 50m Butterfly	Men		
			Medal Ceremony: 4x100m Freestyle	Women		
			Medal Ceremony: 800 Freestyle	Men		



<b>Friday 12-Jun-09</b>	<b>9am</b>	37	400m Freestyle	Men	Heats	
		38	100m Backstroke	Women	Heats	
		39	100m Backstroke	Men	Heats	
		40	100m Butterfly	Women	Heats	
		41	100m Butterfly	Men	Heats	
		42	800m Freestyle	Women	Timed Finals	*all but fastest 8
		43	4x100 Freestyle Relay	Men	Heats	
	<b>7pm</b>	44	400m Freestyle	Men	Final B	Fastest Seed
			400m Freestyle	Men	Final A	
		45	100m Backstroke	Women	Final B	
			100m Backstroke	Women	Final A	
		46	100m Backstroke	Men	Final B	
			100m Backstroke	Men	Final A	
			Medal Ceremony: 400m Freestyle	Men		
			Medal Ceremony: 100m Backstroke	Women		
		47	100m Butterfly	Women	Final B	
			100m Butterfly	Women	Final A	
		48	100m Butterfly	Men	Final B	
			100m Butterfly	Men	Final A	
			Medal Ceremony: 100m Backstroke	Men		
			Medal Ceremony: 100m Butterfly	Women		
		49	800m Freestyle	Women	Timed Finals	
		50	4x100m Freestyle Relay	Men	Final A	
			Medal Ceremony: 100m Butterfly	Men		
			Medal Ceremony: 800m Freestyle	Women		
			Medal Ceremony: 4x100m Freestyle Relay	Men		



<b>Saturday 13-Jun-09</b>	<b>9am</b>	51	50m Freestyle	Men	Heats	*all but fastest 8
		52	200m Breaststroke	Women	Heats	
		53	200m Breaststroke	Men	Heats	
		54	200m Freestyle	Women	Heats	
		55	1500m Freestyle	Men	Timed Finals	
		56	50m Backstroke	Women	Heats	
		57	4x100 Medley Relay	Women	Heats	
	<b>5pm</b>	58	50m Freestyle	Men	Final B	
			50m Freestyle	Men	Final A	
		59	200m Breaststroke	Women	Final B	
			200m Breaststroke	Women	Final A	
		60	200m Breaststroke	Men	Final B	
			200m Breaststroke	Men	Final A	
			Medal Ceremony: 50m Freestyle	Men		
		Medal Ceremony: 200m Breaststroke	Women			
61		200m Freestyle	Women	Final B		
		200m Freestyle	Women	Final A		
		62	1500m Freestyle	Men	Timed Finals	Fastest Seed
			Medal Ceremony: 200m Breaststroke	Men		
			Medal Ceremony: 200m Freestyle	Women		
		63	50m Backstroke	Women	Final B	
			50m Backstroke	Women	Final A	
		64	4x100 Medley Relay	Women	Final A	
			Medal Ceremony: 1500m Freestyle	Men		
			Medal Ceremony: 50m Backstroke	Women		
			Medal Ceremony: 4x100 Medley Relay	Women		



<b>Sunday 14-Jun-09</b>	<b>9am</b>	65	50m Freestyle	Women	Heats	*all but fastest 8
		66	200m Freestyle	Men	Heats	
		67	200m Butterfly	Women	Heats	
		68	200m Butterfly	Men	Heats	
		69	400m Individual Medley	Women	Heats	
		70	50m Backstroke	Men	Heats	
		71	4x100m Medley Relay	Men	Heats	
		72	1500m Freestyle	Women	Timed Finals	
	<b>5pm</b>	73	50m Freestyle	Women	Final B	Fastest Seed
			50m Freestyle	Women	Final A	
		74	200m Freestyle	Men	Final B	
			200m Freestyle	Men	Final A	
		75	200m Butterfly	Women	Final B	
			200m Butterfly	Women	Final A	
			Medal Ceremony: 50m Freestyle	Women		
			Medal Ceremony: 200m Freestyle	Men		
		76	200m Butterfly	Men	Final B	
			200m Butterfly	Men	Final A	
		77	400m Individual Medley	Women	Final B	
			400m Individual Medley	Women	Final A	
			Medal Ceremony: 200m Butterfly	Women		
			Medal Ceremony: 200m Butterfly	Men		
		78	50m Backstroke	Men	Final B	
			50m Backstroke	Men	Final A	
		79	4x100m Medley Relay	Men	Final A	
			Medal Ceremony: 400m Individual Medley	Women		
			Medal Ceremony: 50m Backstroke	Men		
		80	1500m Freestyle	Women	Timed Finals	
		Medal Ceremony: 4x100m Medley Relay	Men			
		Medal Ceremony: 1500m Freestyle	Women			