

Time	Location	Event/Activity
WEDNESDAY 4th JANUARY 2023		
5:30pm – 7:00pm	Outdoor Pool – 8x50m Indoor Pool – 8x25m	Pre-Meet Training (Booking Only)
THURSDAY 5th JANUARY 2023		
7:45am – 3:30pm	Function Room 2, Community Room/s	All Day Tea, Coffee, Biscuits, Fruit for Course attendees
8:15am – 11:00am	Entrances (Main & Pool Gate)	Venue Entry Volunteers
9:00am – 12:00pm	Indoor Pool – 1x25m (Lane 8) 1 x Court Space	Paralympic & Special Olympic Come and Try Morning Classification - By Appointment Only Entry via Main Entrance
9:00am – 11:00am	Outdoor Pool – 8x50m Indoor Pool – 3x25m (Lane 1 – 3)	Pre-Meet Training & Club Tent Set Up Entry via Pool Gate from 8:45am
8:00am – 12:00pm	Indoor Pool – 2x25m (Lane 4 & 5)	Swimming Australia Development Coaching Course – Practical (Enrolled participants only) Presenter: Jayson Lamb
8:00am – 9:00am	Function Room 2	SAT CS Coaching Course – Theory Presenters: Carol & Julie
9:00am -12:00pm	Indoor Pool – 2x25m (Lane 6 & 7)	SAT CS Coaching Course - Practical
12pm – 12:30pm	Function Room 1	Combined Lunch for Course Attendees
12:30pm – 4:00pm	Community Room/s	Swimming Australia Development Coaching Course – Theory (Enrolled participants only)
12:30pm – 3:30pm	Indoor Pool – 2x25m (Lane 7 & 8)	SAT CS Coaching Course - Practical
1:30pm – 3:00pm	Function Room 2	Officials Training

Time	Location	Event/Activity
2:30pm – 7:00pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
2:45pm		Gates Open Venue Access via main entry and pool gate
2:45pm – 3:45pm	Outdoor Pool – 8x50m Indoor Pool – 6x25m	Warm Up for all Swimmers
3:00pm – 3:20pm	Function Room 2	Officials Briefing Required for all officiating at this session
3:20pm – 3:40pm	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each Club is in attendance
3:30pm – 4:00pm	Function Room 2	SAT CS Coaching Course - Theory
3:30pm – 4:30pm 4:30pm – 6:30pm	Outdoor VIP Area Function Room 1	Corporate Function
3:45pm – 4:30pm	Outdoor Pool	OPENING CEREMONY
4:30pm – 7:00pm	Outdoor Pool	Session 1 - Racing Commences Superfish – 50m All Strokes Championship – 1500m Freestyle and 2 Relays
4:30pm – 6:30pm	Indoor Pool	Session 2 - Racing Commences Time Trials Short Course – 100m IM, 200m Form, 25m All Strokes inclusive of Come and Try

Time	Location	Event/Activity
FRIDAY 6th JANUARY 2023		
7:00am – 12:00pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
7:15am	Event Entry	Gates Open
7:30am – 8:20am	Outdoor Pool Indoor Pool	Warm Up
7:30am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each Club is in attendance
8:00am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:30am – 12:00pm	Outdoor Pool	Session 3 - Racing Commences
12:30pm – 2:00pm	Function Room 1	Coach PD Lunch Workshop Presenter: Jayson Lamb
12:30pm – 2:00pm	Function Room 1	Catering for PD Lunch Workshop
3:15pm – 7:30pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
3:30pm	Event Entry	Gates Open
4:00pm	Marshalling Tent	Officials Briefing Required for all officiating at this session
3:40pm – 4:20pm	Outdoor Pool Indoor Pool	Warm Up - Finalists only in outdoor pool
4:30pm – 7:30pm	Outdoor Pool	Finals Session 4 - Racing Commences

Time	Location	Event/Activity
SATURDAY 7th JANUARY 2023		
7:00am – 12:00pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
7:15am	Event Entry	Gates Open
7:30am – 8:20am	Outdoor Pool Indoor Pool	Warm Up
7:30am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each Club is in attendance
8:00am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:30am – 12:00pm	Outdoor Pool	Session 5 - Racing Commences
12:30pm – 2:00pm	Function Room 1	Country Connect
12:30pm – 2:00pm	Function Room 1	Catering for Country Connect
3:15pm – 7:30pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
3:30pm	Event Entry	Gates Open
3:40pm – 4:20pm	Outdoor Pool Indoor Pool	Warm Up - Finalists only in outdoor pool
4:00pm	Marshalling Tent	Officials Briefing Required for all officiating at this session
4:30pm – 7:30pm	Outdoor Pool	Finals Session 6 – Racing Commences

Time	Location	Event/Activity
SUNDAY 8th JANUARY 2023		
7:00am – 12:00pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
7:15am	Event Entry	Gates Open
7:30am – 8:20am	Outdoor Pool Indoor Pool	Warm Up
7:30am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from Each Club is in attendance
8:00am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:30am – 12:00pm	Outdoor Pool	Session 7 – Racing Commences
12:30pm – 2:00pm	Function Room 1	Country Committee
12:30pm – 2:00pm	Function Room 1	Catering for Country Committee
3:15pm – 7:30pm	Entrances (Main & Pool Gate)	Venue Entry Volunteers
3:30pm	Event Entry	Gates Open
3:40pm – 4:20pm	Outdoor Pool Indoor Pool	Warm Up - Finalists only in outdoor pool
4:00pm	Marshalling Tent	Officials Briefing Required for all officiating at this session
4:30pm – 7:30pm	Outdoor Pool	Finals Session 8 - Racing Commences

Time	Location	Event/Activity
7:30pm	Outdoor Pool	CLOSING CEREMONY / PRESENTATIONS