



**Multi Distance Carnival**  
**2018**

**Note:** This is a guide only. We **may start events earlier** if we are running ahead of schedule. It is the swimmer's responsibility to be at the venue ahead of time.

**# During the day there will be some warm up and cool down breaks between some sessions. The inclusion of these will be included by time.**

Session	Events	Estimated start time
	# <i>Distance Warm up</i>	7:45
1	Long Distance	8:15am
	# <i>50m Warm up</i>	8:50
2	50m events	9:30am
3	200IM	11:45am
	# <i>100m Warm up</i>	12:30
4	100m events	12:50pm
4	400IM events	2:15pm
5	200m events	2:50pm
6	400m events	3:45pm
	Conclude	4:30pm