

Session 1 Friday 31 st July 2026 Timed Finals PM SESSION 5:00pm				
Event	Gender	Age Group	Distance	Stroke
1	Mixed	12 & Over	400m	Freestyle
2	Mixed	12 & Over	800m	Freestyle
3	Mixed	12 & Over	400m	Individual Medley
4	Mixed	12 & Over	1500m	Freestyle

*Para-Swimmers are eligible to enter all events using the Online Manual Entry Jotform linked below. A NT entry will be accepted.

[Manual Entry Jotform](#)