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S FOR SENIOR MEN & WOMEN TO BE HELD AT THE S FROM 10th TO 11th JULY - 2025

Thursday, 10 Jul 2025 – Morning Session

- 1500 m Freestyle – SENIOR MEN (Timed Final)
- 1500 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Heats)
- 100 m Breaststroke – SENIOR WOMEN (Heats)
- 200 m Freestyle – SENIOR MEN (Timed Final)
- 200 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Backstroke – SENIOR MEN (Heats)
- 100 m Backstroke – SENIOR WOMEN (Heats)
- 200 m Individual Medley – SENIOR MEN (Timed Final)
- 200 m Individual Medley – SENIOR WOMEN (Timed Final)
- 50 m Freestyle – SENIOR MEN (Heats)
- 50 m Freestyle – SENIOR WOMEN (Heats)
- 200 m Butterfly – SENIOR MEN (Timed Final)
- 200 m Butterfly – SENIOR WOMEN (Timed Final)
- 50 m Breaststroke – SENIOR MEN (Heats)
- 50 m Breaststroke – SENIOR WOMEN (Heats)

Friday, 11 Jul 2025 – Morning Session

- 400 m Freestyle – SENIOR MEN (Timed Final)
- 400 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Butterfly – SENIOR MEN (Heats)
- 100 m Butterfly – SENIOR WOMEN (Heats)
- 50 m Backstroke – SENIOR MEN (Heats)
- 50 m Backstroke – SENIOR WOMEN (Heats)
- 200 m Breaststroke – SENIOR MEN (Timed Final)
- 200 m Breaststroke – SENIOR WOMEN (Timed Final)
- 100 m Freestyle – SENIOR MEN (Heats)
- 100 m Freestyle – SENIOR WOMEN (Heats)
- 200 m Backstroke – SENIOR MEN (Timed Final)
- 200 m Backstroke – SENIOR WOMEN (Timed Final)
- 400 m Individual Medley – SENIOR MEN (Timed Final)
- 400 m Individual Medley – SENIOR WOMEN (Timed Final)
- 50 m Butterfly – SENIOR MEN (Heats)
- 50 m Butterfly – SENIOR WOMEN (Heats)
- 4 x 200 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 200 m Freestyle Relay – SENIOR WOMEN (Timed Final)

Thursday, 10 Jul 2025 – Evening Session

- 800 m Freestyle – SENIOR MEN (Timed Final)
- 800 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Finals)
- 100 m Breaststroke – SENIOR WOMEN (Finals)
- 100 m Backstroke – SENIOR MEN (Finals)
- 100 m Backstroke – SENIOR WOMEN (Finals)
- 50 m Freestyle – SENIOR MEN (Finals)
- 50 m Freestyle – SENIOR WOMEN (Finals)
- 50 m Breaststroke – SENIOR MEN (Finals)
- 50 m Breaststroke – SENIOR WOMEN (Finals)
- 4 x 100 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Freestyle Relay – SENIOR WOMEN (Timed Final)

Friday, 11 Jul 2025 – Evening Session

- 100 m Butterfly – SENIOR MEN (Finals)
- 100 m Butterfly – SENIOR WOMEN (Finals)
- 50 m Backstroke – SENIOR MEN (Finals)
- 50 m Backstroke – SENIOR WOMEN (Finals)
- 100 m Freestyle – SENIOR MEN (Finals)
- 100 m Freestyle – SENIOR WOMEN (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – SENIOR WOMEN (Finals)
- 4 x 100 m Medley Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Medley Relay – SENIOR WOMEN (Timed Final)