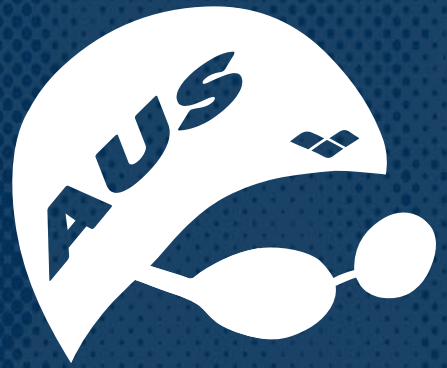


HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# Event Program

**CROWN** THE  
**CHAMPS**



OPTUS



ADELAIDE  
SOUTH AUSTRALIA

PRINCIPAL PARTNERS

MAJOR PARTNERS

EVENT PARTNER



“Like so many Australians, I love to swim.

Through the generous support of Mrs Rinehart and the Georgina Hope Foundation I have been able to pursue my passion and represent Australia at the highest level.

As we prepare for the 2019 World Championships this year and the 2020 Tokyo Olympics the following year, I would like to acknowledge and thank Mrs Rinehart for her ongoing support and interest in the Australian Dolphins Swim Team.

Thank you Mrs Rinehart for being our Patron, Principal Partner but most importantly a good friend”

— Mack Horton

**HANCOCK PROSPECTING**



On behalf of Swimming Australia and our Board, our valued partners and our athletes, I would like to welcome you to the 2019 Hancock Prospecting Australian Swimming Championships at the SA Aquatic & Leisure Centre in Adelaide.

It has been nearly a year since I started my role at Swimming Australia, and I have enjoyed every minute.

Over this time I have had the pleasure of witnessing first-hand the level of passion people have for our sport; from the volunteers, technical officials, athletes, coaches and staff who all contribute to the success of swimming.

Our Dolphins have had an action-packed ten months comprising of a successful Pan Pacific Championship campaign, followed by the FINA World Short Course Championships in China for our Olympic-program athletes.

This is an important race meet for our Dolphins and future Dolphins as we build towards Tokyo 2020. Our para athletes will be striving for qualification for the World Para Swimming Championships later this year and our Olympic program athletes will be gaining valuable racing preparation ahead of the World Championship trials in Brisbane in June.

The 2018 Hancock Prospecting Australian Swimming Championships would not be possible without the ongoing commitment of our loyal partners, and I would especially like to thank the Patron of Swimming Australia, Mrs. Gina Rinehart, who makes a significant contribution to our sport. Mrs Rinehart plays an incredible role nurturing our athletes and supporting our events so we can continue to develop young people to be the best they can be.

I would also like to extend my thanks to the South Australian Tourism Commission for its ongoing support with this event in Adelaide, as well as hosting our Hancock Prospecting Australian Age Swimming Championships next week, which will see our junior athletes contend for a place on the team at the World Junior Championships in Budapest. We have developed a strong and successful partnership with SA Tourism over the past few years and our athletes and fans enjoy coming to Adelaide immensely.

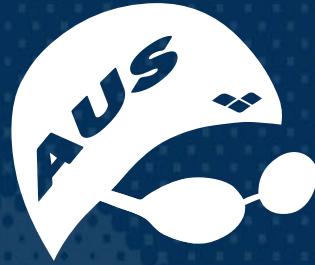
As Australia's most successful Olympic sport, swimming holds a special place in the hearts of all Australians. Thank you for your support of our athletes and sport. I hope you enjoy wonderful racing over the coming days.

I wish all the athletes the best of luck and I look forward to seeing all of you at the pool this week.

Leigh Russell  
CEO, Swimming Australia



HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## SUNDAY 7 APRIL

### HEATS

10:00 am	Men's 400m Freestyle MC
10:21 am	Women's 400m Freestyle MC
10:43 am	Men's 100m Backstroke
10:57 am	Men's 400m Freestyle
11:26 am	Women's 100m Freestyle
11:40 am	Men's 100m Butterfly
11:49 am	Women's 100m Breaststroke
12:00 pm	Men's 50m Breaststroke MC
12:06 pm	Women's 50m Breaststroke MC
12:11 pm	Women's 800m Freestyle



<b>FINALS - SUNDAY 7 APRIL</b>		<b>AGE</b>
5:30 pm	Men's 100m Backstroke	20 / 21
5:33 pm	Men's 100m Backstroke	18 / 19
5:39 pm	Men's 400m Freestyle	20 / 21
5:47 pm	Men's 400m Freestyle	18 / 19
5:56 pm	Women's 100m Freestyle	19 / 20
6:01 pm	Women's 100m Freestyle	17 / 18
6:07 pm	Men's 100m Butterfly	20 / 21
7:12 pm	Men's 100m Butterfly	18 / 19
6:18 pm	Women's 100m Breaststroke	19 / 20
6:24 pm	Women's 100m Breaststroke	17 / 18
6:29 pm	Women's 800m Freestyle	19 / 20
6:43 pm	Women's 800m Freestyle	17 / 18
6:58 pm	Men's 400m Freestyle MC	-
7:08 pm	Women's 400m Freestyle MC	-
8:06 pm	Men's 100m Backstroke	-
8:17 pm	Men's 400m Freestyle	-
8:34 pm	Women's 100m Breaststroke	-
8:45 pm	Women's 100m Freestyle	-
8:56 pm	Men's 50m Breaststroke MC	-
9:02 pm	Women's 50m Breaststroke MC	-
9:10 pm	Men's 100m Butterfly	-
9:22 pm	Women's 800m Freestyle	-
9:38 pm	Mixed 4 x 100m Medley Relay HEAT 1	-
21:46	Mixed 4 x 100m Medley Relay HEAT 2	-





5 - 14 APRIL 2019  
ADELAIDE & REGIONS

# TASTING AUSTRALIA



[TASTINGAUSTRALIA.COM.AU](http://TASTINGAUSTRALIA.COM.AU)





# NIGHT 1 HIGHLIGHTS

## SUNDAY 7 APRIL



### Women's 100m Freestyle

With less than half a second between their entry times, there's no doubt it will be a tight tussle between the Campbell sisters in the Women's 100m Freestyle race. Local hopefuls Madison Wilson and Brittany Elmslie from Marion Swim Club will have the crowd behind them as they also aim to impress in their home state.



### Men's 400m Freestyle Multi-Class

Hometown hero and 2018 Gold Coast gold medallist Jesse Aungles will have some hot competition in the Men's 400m Freestyle Multi-Class event on first night of the champs. He'll go head-to-head with fellow Dolphins Liam Schluter and Matt Levy. Schluter won a gold medal at the recent World Para Swimming World Series in the 200m Freestyle race, while as a member of the leadership group, Levy will be looking to make his mark. In addition, Rowan Crothers, who is seeded No.1 will also be quick off the blocks given his speed over 100 metres – which will be showcased later in the program.

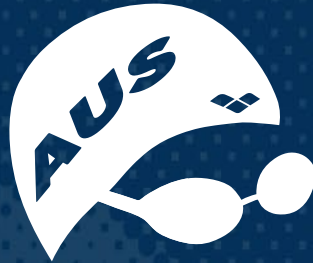
### Men's 100m Backstroke

Mitch Larkin and Alex Graham will be the athletes to watch in the Men's 100m Backstroke. With Olympic silver medallist Larkin and Dolphin leader Graham both training in Queensland, a good old-fashioned state rivalry will be on show. In-form newcomer Tristian Hollard, who had strong performances at the Victorian and NSW Open Championships will also be one to watch.

### Women's 50m Breaststroke Multi-Class

Featuring on the first night of the competition, Commonwealth Games silver medallist Madeleine Scott and emerging swimmer Ruby Storm will take to the pool in the Women's 50m Breaststroke Multi-Class race. Storm broke four Australian swimming records last year and took part in her first Pan Pacific Para Championships – so she's definitely one to watch!

HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## MONDAY 8 APRIL

### HEATS

10:00 am	Men's 100m Backstroke MC
10:15 am	Women's 100m Backstroke MC
10:26 am	Men's 200m Breaststroke
10:39 am	Women's 100m Butterfly
10:50 am	Men's 100m Freestyle
11:15 am	Women's 400m Individual Medley
11:38 am	Men's 50m Butterfly
11:44 am	Men's 50m Butterfly MC
11:48 am	Women's 50m Butterfly MC
11:53 am	Men's 800m Freestyle





<b>FINALS - MONDAY 8 APRIL</b>		<b>AGE</b>
5:30 pm	Men's 200m Breaststroke	20 / 21
5:34 pm	Men's 200m Breaststroke	18 / 19
5:41 pm	Women's 100m Butterfly	19 / 20
5:47 pm	Women's 100m Butterfly	17 / 18
5:53 pm	Men's 100m Freestyle	20 / 21
5:58 pm	Men's 100m Freestyle	18 / 19
6:04 pm	Women's 400m Individual Medley	19 / 20
6:13 pm	Women's 400m Individual Medley	17 / 18
6:23 pm	Men's 50m Butterfly	20 / 21
6:28 pm	Men's 50m Butterfly	18 / 19
6:33 pm	Men's 100m Backstroke MC B FINAL	-
6:39 pm	Women's 100m Backstroke MC B FINAL	-
6:43 pm	Men's 800m Freestyle	20 / 21
6:54 pm	Men's 800m Freestyle	18 / 19
7:07 pm	Men's 50m Butterfly MC	-
7:17 pm	Women's 50m Butterfly MC	-
8:05 pm	Women's 100m Butterfly	-
8:15 pm	Men's 200m Breaststroke	-
8:30 pm	Men's 100m Backstroke MC	-
8:35 pm	Women's 100m Backstroke MC	-
8:46 pm	Men's 100m Freestyle	-
8:58 pm	Women's 400m Individual Medley	-
9:10 pm	Men's 50m Butterfly	-
9:21 pm	Men's 800m Freestyle	-
7:35 pm	Women's 4 x 100m Freestyle Relay HEAT 1	-
9:43 pm	Women's 4 x 100m Freestyle Relay HEAT 2	-

**ADELAIDE'S NO.1**  
**ALWAYS**



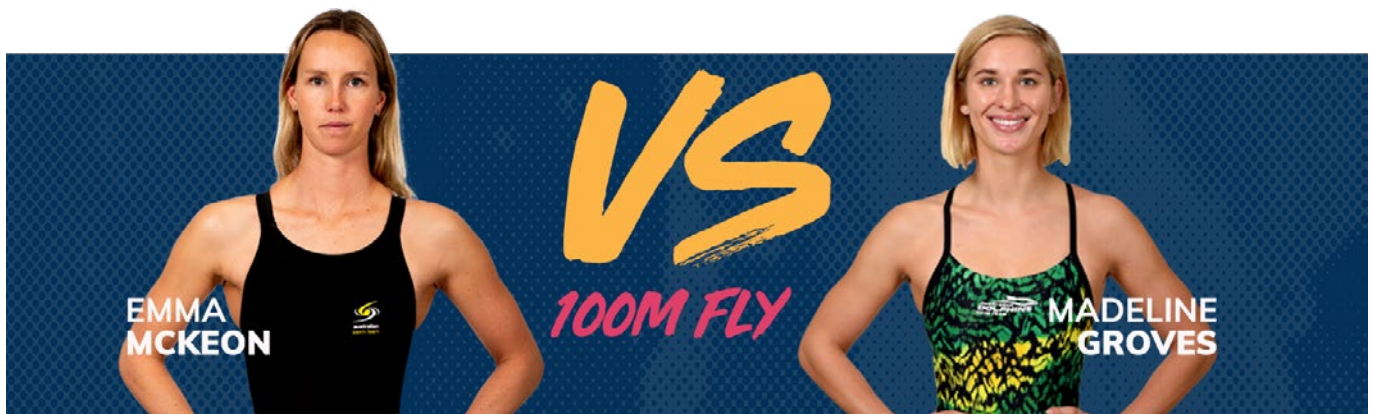
**NEWS**

**Nightly at 6.00**



# **NIGHT 2 HIGHLIGHTS**

## **MONDAY 8 APRIL**



### **Women's 100m Butterfly**

Emma McKeon and Madeline Groves – our smiling assassins of the pool – will have their game faces on for the Women's 100m Butterfly. With less than a second separating the pair in their seeded times, the Griffith University teammates will both be striving to take top honours and crowned the champ. Brianna Throssell, who took part in the Butterfly National Event Camp in Queensland last month will also be hot on their heels.

### **Women's 100m Backstroke Multi-Class**

Former USC Spartan teammates Ellie Cole and Katja Dedekind will face off in their pet event – the 100m Backstroke Multi-Class. The duo has fought it out twice since the start of the year, with Cole narrowly taking the gold on both occasions – at the World Para Swimming World Series in Melbourne and at the NSW State Opens. Could it be third time lucky for Dedekind?

### **Men's 100m Freestyle**

It's the event South Australia has been waiting for! Adelaide's own Olympic gold medallist Kyle Chalmers will take to the pool in the Men's 100m Freestyle. The local is in red-hot form after recording his fastest time since his gold-medal performance in Rio 2016, at the NSW State Opens last month. However, he'll have a challenge on his hands, as fellow Dolphin Cam McEvoy will be looking to spoil his party.

### **Men's 50m Butterfly Multi-Class**

This splash and dash will feature seasoned Dolphin Mitchell Kilduff and early-career athlete Joshua Alford. Both will be hoping to add another achievement to their list honours as they strive to qualify for the WPS World Swimming Championships later this year.

HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## TUESDAY 9 APRIL

### HEATS

10:00 am	Men's 200m Individual Medley MC
10:14 am	Women's 200m Individual Medley MC
10:28 am	Men's 200m Individual Medley
10:42 am	Women's 200m Freestyle
11:07 am	Women's 50m Backstroke
11:15 am	Men's 100m Breaststroke
11:23 am	Men's 50m Backstroke MC
11:32 am	Women's 50m Backstroke MC
11:38 am	Women's 1500m Freestyle





<b>FINALS - TUESDAY 9 APRIL</b>		<b>AGE</b>
5:30 pm	Men's 200m Individual Medley	20 / 21
5:34 pm	Men's 200m Individual Medley	18 / 19
5:41 pm	Women's 200m Freestyle	19 / 20
5:48 pm	Women's 200m Freestyle	17 / 18
5:54 pm	Women's 50m Backstroke	19 / 20
5:59 pm	Women's 50m Backstroke	17 / 18
6:04 pm	Men's 100m Breaststroke	20 / 21
6:10 pm	Men's 100m Breaststroke	18 / 19
6:16 pm	Women's 1500m Freestyle	19 / 20
6:38 pm	Women's 1500m Freestyle	17 / 18
7:01 pm	Men's 50m Backstroke MC	-
7:06 pm	Women's 50m Backstroke MC	-
8:05 pm	Women's 50m Backstroke	-
8:14 pm	Men's 100m Breaststroke	-
8:24 pm	Men's 200m Individual Medley MC	-
8:31 pm	Women's 200m Individual Medley MC	-
8:41 pm	Women's 200m Freestyle	-
8:56 pm	Men's 200m Individual Medley	-
9:10 pm	Women's 1500m Freestyle	-
9:32 pm	Men's 4 x 100m Freestyle Relay HEAT 1	-
9:39 pm	Men's 4 x 100m Freestyle Relay HEAT 2	-



## Helps support healthy growth and development

**Caution:** This medicine may not be right for you. Read the label before purchase. Vitamins and supplements should not replace a balanced diet.

[www.bioisland.com.au](http://www.bioisland.com.au)

**bioisland**<sup>®</sup>

CHC72445-0617



# NIGHT 3 HIGHLIGHTS

## TUESDAY 9 APRIL



### Women's 200m Freestyle

World record holder over the longer 400m distance, Ariarne Titmus will come up against Olympic gold medallist Emma McKeon in the battle for the Women's 200m Freestyle crown. With Titmus (St Peters Western) and McKeon (Griffith University) both training in Queensland, they'll both be striving to claim the gold for their state and walk away with another medal to their name. In addition, look for Dolphin Shayna Jack who trains alongside Titmus and recently added this event to her program.

### Women's 50m Backstroke Multi-Class

Making her international debut in 2011 and competing in London 2012, Taylor Corry features in the Women's 50m Backstroke Multi-Class alongside Queensland's Madeleine McTernan. Corry recently picked up a bronze medal at the World Para Swimming World Series in the 50m butterfly, so she's one to watch in this 50m sprint.

### Men's 200m Individual Medley Multi-Class

Two Rio Paralympians will be among the athletes looking to secure the title of the Men's 200m Backstroke Multi-Class event on night three of the 2019 Hancock Prospecting Australian Swimming Championships. Commonwealth games silver medallist Timothy Hodge took home the gold medal in this event at the World Para Swimming World Series in February, while fellow Dolphin Liam Schluter finished third. The two will once again go head-to-head for bragging rights.

### Men's 200m Individual Medley

Local Dolphin Travis Mahoney will be spurred on by his home crowd when he swims against St Peters Western teammates, dual Olympian Mitch Larkin and Pan Pacs silver medallist Clyde Lewis. Larkin holds the Men's 200 Individual Medley Australian record, while Lewis claimed gold in the Men's 400m Individual Medley at last year's Gold Coast Commonwealth Games.

HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## WEDNESDAY 10 APRIL

### HEATS

10:00 am	Men's 100m Breaststroke MC
10:11 am	Women's 100m Breaststroke MC
10:19 am	Women's 200m Backstroke
10:34 am	Men's 200m Freestyle
11:00 am	Men's 400m Individual Medley
11:21 am	Women's 200m Breaststroke
11:34 am	Women's 50m Freestyle
11:44 am	Men's 200m Freestyle MC
11:58 am	Women's 200m Freestyle MC





<b>FINALS – WEDNESDAY 10 APRIL</b>		<b>AGE</b>
5:30 pm	Women's 200m Backstroke	19 / 20
5:34 pm	Women's 200m Backstroke	17 / 18
5:41 pm	Men's 200m Freestyle	20 / 21
5:48 pm	Men's 200m Freestyle	18 / 19
5:54 pm	Men's 400m Individual Medley	20 / 21
6:04 pm	Men's 400m Individual Medley	18 / 19
6:13 pm	Women's 200m Breaststroke	19 / 20
6:20 pm	Women's 200m Breaststroke	17 / 18
6:27 pm	Women's 50m Freestyle	19 / 20
6:32 pm	Women's 50m Freestyle	17 / 18
6:37 pm	Men's 200m Freestyle MC	-
6:44 pm	Women's 200m Freestyle MC	-
8:05 pm	Women's 200m Backstroke	-
8:16 pm	Men's 400m Individual Medley	-
8:30 pm	Men's 100m Breaststroke MC	-
8:36 pm	Women's 100m Breaststroke MC	-
8:46 pm	Women's 50m Freestyle	-
8:58 pm	Men's 200m Freestyle	-
9:10 pm	Women's 200m Breaststroke	-
9:20 pm	Women's 4 x 200m Freestyle Relay	-
9:34 pm	Men's 4 x 200m Freestyle Relay	-



SHAPE  
THE  
DREAM

## PROUDLY SUPPORTING SWIMMING AUSTRALIA AND THE AUSTRALIAN DOLPHINS SWIM TEAM

Commonwealth Games Australia is committed to working with partner sports and high performance partners to ensure the best possible preparation for Australian athletes to compete at the Commonwealth Games.

Commonwealth Games Australia is proud to support Swimming Australia and the Australian Dolphins in their preparations for glory at the Birmingham 2022 Commonwealth Games.





# NIGHT 4 HIGHLIGHTS

## WEDNESDAY 10 APRIL



### Men's 200m Freestyle Multi-Class

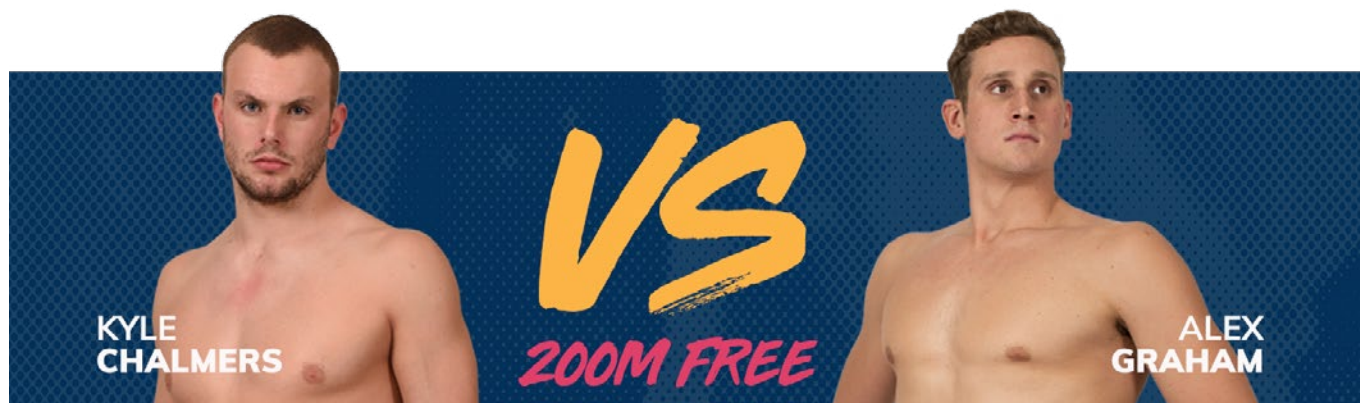
After setting a new world record in the Men's 200m Freestyle Multi-Class at the 2014 Commonwealth Games, TSS Aquatic's Daniel Fox will no doubt be in the mix for this title. He'll be up against fellow Dolphin and Rio Paralympian, Logan Powell from USC Spartans.

### Women's 200m Backstroke

The Sunshine Coast's Kaylee McKeown returns to defend her title in the Women's 200m Backstroke. She'll be up against tough competition with fellow Queenslander Minna Atherton hot on her heels to snare the title. The duo both love backstroke – it's touted as their pet event.

### Women's 100m Breaststroke Multi-Class

Crowned Rio's Olympic champion in 2016 for the Women's 100m Breaststroke, Monte's Tiffany Thomas Kane will provide a tough match-up for Nunawading's Madeleine Scott. Scott won the bronze medal in this event at last year's Commonwealth Games and will be hoping to take the chocolates against her Sydney counterpart. Meanwhile Kiera Stephens who debuted at the 2018 Para Pan Pacs will shake up the field.



### Men's 200m Freestyle

Adelaide's Olympic gold medallist Kyle Chalmers took out the Men's 200m Freestyle event last year ahead of Victoria's Mack Horton and Queensland's Alexander Graham. Chalmers and Graham will once again take to the pool – along with up and coming athlete Elijah Winnington – to vie for the coveted 200m freestyle crown. Clyde Lewis from St Peters Western will also make things interesting in one of the most unpredictable events in the program.

HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## THURSDAY 11 APRIL

### HEATS

10:00 am	Men's 100m Butterfly MC
10:09 am	Women's 100m Butterfly MC
10:15 am	Men's 50m Backstroke
10:25 am	Women's 400m Freestyle
11:01 am	Men's 50m Breaststroke
11:06 am	Women's 200m Butterfly
11:21 am	Women's 50m Breaststroke
11:26 am	Men's 50m Freestyle MC
11:38 am	Women's 50m Freestyle MC





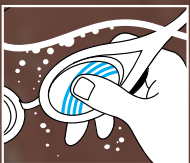
<b>FINALS – THURSDAY 11 APRIL</b>		<b>AGE</b>
5:30 pm	Men's 50m Backstroke	20 / 21
5:33 pm	Men's 50m Backstroke	18 / 19
5:38 pm	Women's 400m Freestyle	19 / 20
5:47 pm	Women's 400m Freestyle	17 / 18
5:56 pm	Men's 50m Breaststroke	20 / 21
6:01 pm	Men's 50m Breaststroke	18 / 19
6:06 pm	Women's 200m Butterfly	19 / 20
6:12 pm	Women's 200m Butterfly	17 / 18
6:19 pm	Men's 50m Freestyle MC - B FINAL	-
6:25 pm	Women's 50m Freestyle MC - B FINAL	-
6:27 pm	Women's 50m Breaststroke	19 / 20
6:30 pm	Women's 50m Breaststroke	17 / 18
6:36 pm	Men's 150m IM MC	-
6:43 pm	Men's 100m Butterfly MC	-
6:49 pm	Women's 100m Butterfly MC	-
8:05 pm	Men's 50m Backstroke	
8:16 pm	Men's 50m Freestyle MC	
8:21 pm	Women's 50m Freestyle MC	
8:34 pm	Women's 200m Butterfly	
8:47 pm	Men's 50m Breaststroke	
8:52 pm	Women's 50m Breaststroke	
9:04 pm	Legends Relay	
9:17 pm	Women's 400m Freestyle	
9:27 pm	Men's 4 x 100m Medley Relay HEAT 1	
9:34 pm	Men's 4 x 100m Medley Relay HEAT 2	

arena

SWIPE THE FOG AWAY

**COBRA ULTRA  
SWIPE  
POWERSKIN GOGGLE**

SWIPE ANTI-FOG CAN BE REACTIVATED  
WITH A FINGER, TO EXTEND ITS  
PROTECTION UP TO 10 TIMES.



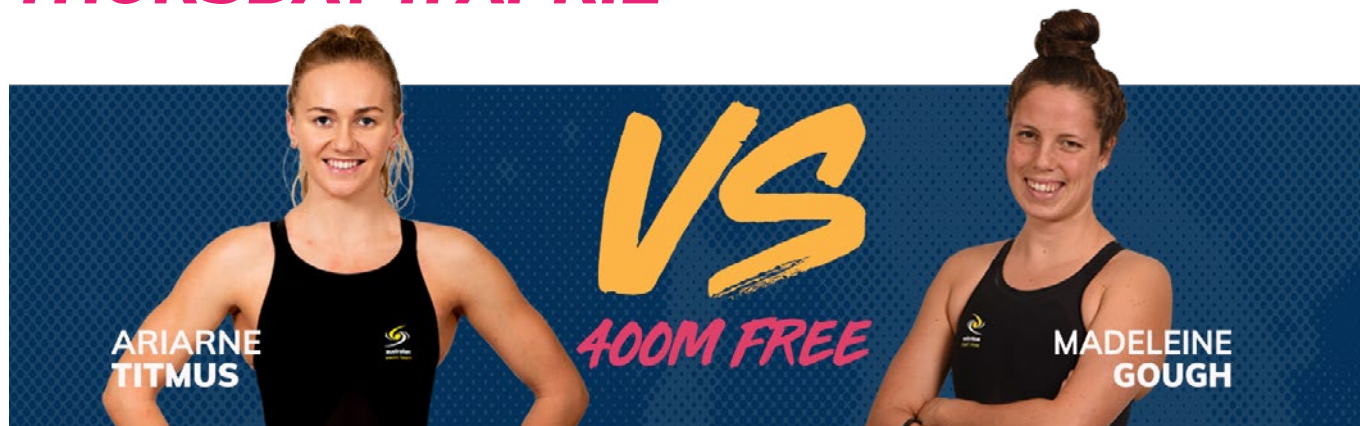
AVAILABLE IN SWIM SHOP STORE AT SAALC AND ON LINE AT  
[ARENASWIMMING.COM.AU](http://ARENASWIMMING.COM.AU)

arena



# NIGHT 5 HIGHLIGHTS

## THURSDAY 11 APRIL



### Women's 400m Freestyle

Fresh from breaking the world short course record for the Women's 400m Freestyle in China last year, Ariarne Titmus will be tough to beat in the Women's 400m Freestyle. As one of her pet events, the 18-year-old, will go head to head with TSS Aquatic's Madeleine Gough and the Sunshine Coast Dolphin Mikkayla Sheridan.



### Women's 50m Freestyle Multi-Class

At just 14-years-old Jasmine Greenwood will be up against seasoned Paralympian Ellie Cole in this fast-paced 50m freestyle Multi-Class event. This won't phase Greenwood after she recently took home the equivalent title at the NSW State Opens in March.

### Men's 50m Breaststroke

Rio Olympian Jake Packard – who took home a bronze medal in the Men's 4x100 Medley Relay – will compete for the Men's 50m Breaststroke title. Taking home the top honour in the 100m equivalent in 2016, Packard will line up against Melbourne Vicentre's Daniel Cave, who recently won a bronze medal for the Men's 200 Breaststroke at the National Short Course Championships. Local Commonwealth Games representative James McKechnie will also be in action – and seeded first – there's no doubt he'll be pushing to secure the title in front of his home crowd.

### Men's 100m Butterfly Multi-Class

Paralympian Mitchell Kilduff, who represented Australia at the 2012 London Games and 2014 Commonwealth Games, will feature in this race alongside fellow Dolphins Daniel Fox and Jesse Aungles. Aungles, who hails from South Australia, will no doubt be the fan favourite in the Men's 100m Butterfly Multi-Class event.

HANCOCK PROSPECTING  
AUSTRALIAN  
**SWIMMING**  
CHAMPIONSHIPS



# RACE TIMES

## FRIDAY 12 APRIL

### HEATS - THURSDAY 11 APRIL

10:00 am	Men's 100m Freestyle MC
10:15 am	Women's 100m Freestyle MC
10:30 am	Men's 50m Freestyle
10:37 am	Women's 200m Individual Medley
10:49 am	Men's 200m Backstroke
11:06 am	Women's 100m Backstroke
11:24 am	Men's 200m Butterfly
11:38 am	Women's 50m Butterfly





<b>FINALS - FRIDAY 12 APRIL</b>		<b>AGE</b>
5:30 pm	Men's 50m Freestyle	20 / 21
5:32 pm	Men's 50m Freestyle	18 / 19
5:37 pm	Women's 200m Individual Medley	19 / 20
5:44 pm	Women's 200m Individual Medley	17 / 18
5:51 pm	Men's 200m Backstroke	20 / 21
5:58 pm	Men's 200m Backstroke	18 / 19
6:05 pm	Women's 100m Backstroke	19 / 20
6:10 pm	Women's 100m Backstroke	17 / 18
6:16 pm	Men's 200m Butterfly	20 / 21
6:22 pm	Men's 200m Butterfly	18 / 19
6:29 pm	Women's 50m Butterfly	19 / 20
6:34 pm	Women's 50m Butterfly	17 / 18
6:39 pm	Men's 1500m Freestyle	18 / 19
7:00 pm	Men's 100m Freestyle MC - B FINAL	-
7:06 pm	Women's 100m Freestyle MC - B FINAL	-
8:05 pm	Men's 50m Freestyle	-
8:15 pm	Women's 200m Individual Medley	-
8:28 pm	Men's 200m Backstroke	-
8:35 pm	Women's 100m Backstroke	-
8:48 pm	Men's 100m Freestyle MC	-
8:53 pm	Women's 100m Freestyle MC	-
9:06 pm	Men's 200m Butterfly	-
9:13 pm	Women's 50m Butterfly	-
9:26 pm	Men's 1500m Freestyle	-
9:49 pm	Women's 4 x 100m Medley Relay HEAT 1	-
9:57 pm	Women's 4 x 100m Medley Relay HEAT 2	-

# Event Map

## SA AQUATIC & LEISURE CENTRE

443 Morphett Rd,  
Oaklands Park SA 5046





# **NIGHT 5 HIGHLIGHTS**

## **FRIDAY 12 APRIL**



### **Men's 200m Butterfly**

As the reigning Commonwealth Games silver medallist and last year's national champ in the Men's 200m Butterfly, Gold Coast's David Morgan will aim to continue his solid form in his pet stroke. However, his counterpart from the West Coast who placed second last year, Grant Irvine, will back himself in the butterfly and aim to go one better in 2019.

### **Women's 200m Individual Medley**

Crowned the national champ in the Women's 200m Individual Medley last year, UWA West Coast's Blair Evans will be striving to protect her title in 2019. The 28-year-old will battle it out with Kotuku Ngawati, who is on the comeback trail after overcoming an injury riddled 2018 – she'll be looking to gain race experience against formidable competition.

### **Men's 100m Freestyle Multi-Class**

Paralympic champion Timothy 'Disco' Disken snared the gold medal in this event at the 2016 Rio Olympics, edging out fellow Dolphin Brenden Hall. He'll once again have a battle on his hands to claim the title, with Timothy Hodge and Rowan Crothers chasing him down.

### **Women's 100m Freestyle Multi-Class**

Commonwealth Games gold medallist Lakeisha 'Lucky' Patterson will face her idol Ellie Cole in the Women's 100m Freestyle Multi-Class on the final night of the competition. The pair will also race alongside early-career athletes looking to make their mark – Katja Dedekind and Ruby Storm.

# The wait is over, iSwim is here!

After years of searching for the perfect swim tracking app, Swimming Australia decided to create its own and proudly unveiled iSwim in January.

Coinciding with the launch of the Australia Swims campaign, thousands of people across the country were able to keep track of the distance they'd pledged to help collectively swim a virtual lap of Australia.

Free to download, iSwim allows users to log their swims and track their weekly stats including, distance, heart rate, calories burned and time in the water, not to mention keep up to date on the latest swimming news. iSwim has been specifically designed to cater for a broad range of abilities, from novice to elite.

With the capability of integrating the app to both Apple and Fitbit smart watches, users can simply sync directly to their dashboards to track their fitness goals. Additional smartwatch Garmin will be added in a future release.



## iSwim makes training fun and interactive::

- Track your swimming
- Sync your smartwatch
- Get tips from the best
- See your progress
- Challenge yourself and win big!

## Programs coming soon from Dolphins + experts:

- James Magnussen  
‘Maggie’s Muscle Build’
- Andrew Lauterstein “Fly Set”
- Shayna Jack “Shayna’s Sprint Session”
- Emma McKeon “Free & Fly Workout”
- Kurt Herzog “Kurt’s Heart Rate Kicker”
- Brooke Hanson “Find Your 30”
- Jake Packard “Breaststroke Basics”

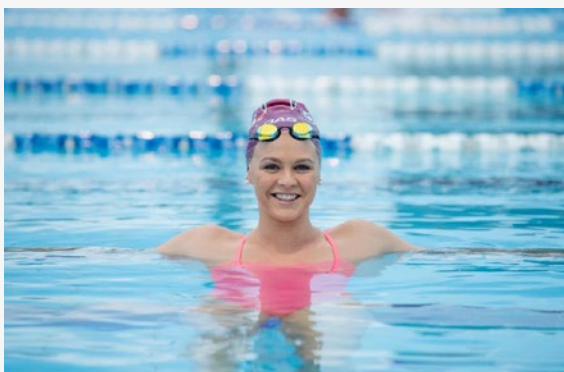




Ellie Cole



Jake Packard



Shayna Jack

With the second release of the app now live, iSwim users can stay motivated by getting tips and tricks from the best in the business and create their own virtual squad to challenge friends. Unique training programs and drills presented by Olympians James Magnussen, Brooke Hanson and Andrew Lauterstein, as well as Paralympic gold medalist Ellie Cole and professional Ironman Ali Day, are just a few well known faces who have recorded their favourite swim sets for the app.

As our tribe of swimmers continues to strengthen, iSwim allows like-minded people to connect with other swimmers across the country, creating a genuine platform to share their progress.

More than 4,000 people have already started benefiting from the app, so make sure you download it today and join our swimming tribe.

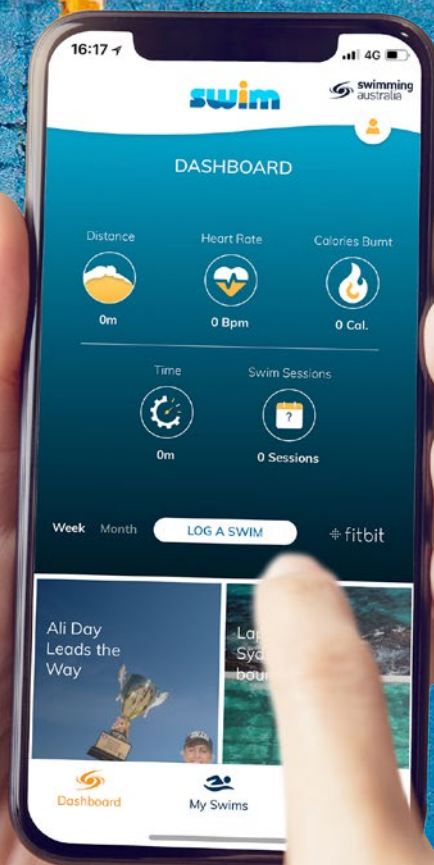




# swim

## DOWNLOAD iSWIM APP

Show us your iSwim app to receive an iSwim bag tag\*



\*RRP \$5 & while stocks last