

MALAYSIA OPEN SWIMMING CHAMPIONSHIP 2024
4TH TO 7TH JULY 2024
COMPETITION SCHEDULE

DAY 4 - SESSION 7					
TIME	EVENT	7 JULY 2024 (SUNDAY) - STARTS AT 8:30AM			
0830	401	400m Freestyle	WOMEN	Heats	All Flight A Races (50m/100m events - Fastest 8 Heats per Event, 200m/400m events - Fastest 4 Heats per Event) to swim first; Fastest to Slowest All Flight B Races Remaining heats to swim after Flight A; Fastest to Slowest
	402	400m Freestyle	MEN	Heats	
	403	200m Backstroke	WOMEN	Heats	
	404	200m Backstroke	MEN	Heats	
	405	100m Freestyle	WOMEN	Heats	
	406	100m Freestyle	MEN	Heats	
	407	100m Ind. Medley	WOMEN	Heats	
	408	100m Ind. Medley	MEN	Heats	

DAY 4 - SESSION 8					
TIME	EVENT	7 JULY 2024 (SUNDAY) - STARTS AT 5.00PM			
1700	401	400m Freestyle	WOMEN	Finals	B / A Finals
1715	402	400m Freestyle	MEN	Finals	C / B / A Finals
1730	403	200m Backstroke	WOMEN	Finals	C / B / A Finals
1740	404	200m Backstroke	MEN	Finals	C / B / A Finals
VICTORY CEREMONY FOR EVENTS 401 & 402					
1800	405	100m Freestyle	WOMEN	Finals	C / B / A Finals
1810	406	100m Freestyle	MEN	Finals	C / B / A Finals
VICTORY CEREMONY FOR EVENTS 403 & 404					
1830	407	100m Ind. Medley	WOMEN	Finals	C / B / A Finals
1840	408	100m Ind. Medley	MEN	Finals	C / B / A Finals
VICTORY CEREMONY FOR EVENTS 405, 406, 407 & 408					