

# Camp Hill Edwardians Swimming Club Newsletter

Issue 143

July 2004

#### PAUL ROGERS

Many club members were amongst the large number of mourners at Paul's funeral on 29<sup>th</sup> March. Paul came to Camp Hill at the age of seven, he was a team member for many years and he was a regular member of the Water Polo Team. Paul was a popular, respected policeman and for a number of years he was a member of the Underwater Search Squad. Paul's brave fight against cancer earned everyone's admiration and our deepest sympathy is with his family.

#### THANK YOU SO MUCH

I am so grateful for all your sympathy, for the many cards and letters that I have received, and for all your offers of help following Mary's death. They have been a great comfort at such a difficult time.

# JULY CHANNEL SWIM

Kate Hindson was a member of the Cambridge University mixed swim team which competed in an Oxford v Cambridge relay race across the English Channel. She swam two, 1 hour legs helping Cambridge University to their first victory since the event began. Cambridge achieved an overall time of 8 hrs 51 mins, some 20 minutes faster than the Oxford Team. Well done, Kate!

# CONGRATULATIONS TO MIKE BOURNE ...

On his selection for the Great Britain Water Polo Squad in June. His first competition was a Home Nations Tournament in Cheltenham on 11/12 July, in which he competed for the England Team. The England team selectors took 21 players in the squad, all of whom played in at least two matches on the Saturday against Wales, Ireland and Scotland. The Team coaches then selected the top 13 players to compete in the final on the Sunday against Scotland. Mike was successful in being selected in the top 13 and was also in the starting 7 in the final – which England won 9-4. Well done, Mike.



# AND TO HIS FATHER ...

For sporting the latest designer coaches kit, expected to be seen at all fashionable poolsides from the Autumn of this year.

Presumably footwear and trunks are, as usual, an optional extra!

## Camp Hill Travels the World...



Paul Millington takes time out to promote the club "across the pond".

# COMPETITIONS

# HER SECOND OLYMPICS

Georgina Lee was in rampant form at the Olympic Trials at Sheffield. In the first heat of the 100 FLY she witnessed Rosalind Brett beating her British Record with a time of 59.84, but, in the following heat, she regained it with 59.72.

Georgina was the fastest in the semi-finals with 59.74, and winning the final in 59.45 she set a new BRITISH RECORD and an OLYMPIC QUALIFYING TIME.

Her time in the heat of the 200 FS, 2.01.82, placed her fifth and she improved on this to 2.00.96, entering the final as third fastest. She then improved to 2<sup>nd</sup> place, 2.00.68, and has an excellent chance of swimming in the 4 x 200 FS team.

In the semi-final of the 200 FLY, Georgina lowered her British Record to 2.08.88 and she won the final in 2.09.42, her second OLYMPIC QUALIFYING TIME.

Jodie Le Resche achieved the required qualifying time and joined George at the trials. Jodie will have benefited from competing with the best in the land and her 50 FS, 28.59, was very respectable.

NOTE: Attached to this newsletter is a programme of Georgina's Olympic events in Athens 2004. If we all cheer loudly enough.....!!!

# WARWICKSHIRE CHAMPIONSHIPS - MARCH 2004

The imbalance between the performance and attendance of our girls and boys was, yet again, a sad fact. This was especially evident in the 9yr and 10yr boys. Nor were our younger girls much better — out of 31 entries in the 200 IM only one was from Camp Hill. Of 56 in the 9/10 FS event we had only 21

One wonders how it is that we can have up to 20+ young boys in the pool, presumably participating in a training session for competition, and yet there is such a lack of ambition. Why are they there? Our younger girls too, with a few exceptions, avoided the opportunity to swim in a 50m pool.

Continuation ... 2/6

However, we must congratulate those who went, did the job and won many medals: Danielle Bourne, Hope Weaver, Jodie Le Resche, Matthew Woodyatt, Rebekah Bullivant, Verity and Chloe Naughton, Laura Heeley, Holly Whelan, Michael Bourne and Alistair MacKenzie. Rebekah and Hope achieving first place Bagcat Awards for all-round age group performances.

Several swimmers however swam fast enough in their individual age groups to also qualify for the overall County Championship Finals, a fine reflection on the club:

50FLY: Half the finalists were Camp Hill swimmers - Laura Heeley, Jaimee Le Resche, Stacey Cameron and Jodie Le Resche, with Laura eventually taking 2<sup>nd</sup> place. 50BR: Laura and Alistair McKenzie (men's event!) with Laura taking 1<sup>st</sup> place, 50FS: Laura, Hope, Jodie, with Jodie taking 1<sup>st</sup> place in a PB of 28.63. 50BK: Stacey, Jodie and Hope with Jodie taking 2<sup>nd</sup> Place. 100BK: Hope and Jodie, 100 FS: Hope, 100BR: Laura, taking 1<sup>st</sup> place in a creditable time of 1.19.96.

We also entered 18 teams - cost of £144.00 - our best effort coming from Danni Bourne, Rebecca Hobson and the Mawson twins in winning their FS race. We also had 5 second places and 2 thirds.

## JUNIOR GALA, WALSALL - 27 MARCH 2004

Phoenix Youth A 187, Newcastle 185, Walsall A 154, Camp Hill 117, Phoenix Youth B 78, Walsall B 70

How nice it would be to have enough junior swimmers to fill two teams. We struggle to fill our one team! Despite swimming in the longer 36 and two-third yards pool, most of our team did very well and only three failed to record a PB. Gulliver Bates turned up despite a terrible infection making his face swell up very badly. The antibiotics obviously worked a treat as Gulliver recorded three brilliant times including 25.28 to win 9yr FS. Jake Bullivant was 2<sup>nd</sup> 32.60 BK but must swim to the finish and not look round. We won the 9 yr boys FS relay and were 2<sup>nd</sup> in the medley relay with Benedict Evans 27.40 FS and Cameron Woodyatt 28.43 FS joining Gulliver and Jake.

Aaron Brough achieved two second places for the U10 boys BK 66.97 and FLY 27.47, what a shame that he is not available for the league! Mark Demuth had two big PB's BK 59.15 and BR 67.54 for the U11 boys, while James Cull reduced his FLY time to 57.04.

Our U12 girls were in brilliant form again. Becky Hobson BR 59.20, Abbie Mawson BK 50.73 and sister Cara FLY 51.04 and FS 46.30, as well as winning the FS relay with Katie Morrissey completing the team. Katie also swam two brilliant individuals BK 59.71 and FS 54.42 and Hannah Powell was second with FLY 60.30. Alice Plimmer was a very useful addition to the U10 girls team

FLY 36.60 and FS 27.54 white Amy Middleton produced several good swims, the best FS 27.06.

### GUERNSEY MASTERS - 2-4 APRIL 2004

Our redoubtable Ladies Team went to Guernsey again and cleaned up on the medals.

Hayley Bettinson 5 Gold 1 Bronze
Kate Chase 2 Gold 3 Silver 1

Bronze

Anne Bourne 4 Gold 1 Silver Jo Swift 1 Gold 3 Silver

No wonder that they took Gold in both FS and Medley relays!

### JUNIOR LEAGUE ROUND I - HALESOWEN - 3 APRIL 2004

Coventry 256, Leicester Penguins 166, Bilston 158, Apex 148, Camp Hill 145, Halesowen 129 With nine swimmers not available for this most important gala, we expected to finish sixth! The anxiety over the length of the pool by a couple of our younger swimmers and some incredible decisions by the referee, cost us valuable points and everything seemed to be against us.

When the swimming gets tough, Camp Hill Juniors certainly got going and even the boys surpassed our wildest expectations.

Our under 9 yr boys, Jake Bullivant BK 32.90, Cameron Woodyatt BR 34.48, Benedict Evans FS 29.96 and Gulliver Bates FS 26.30 won their mixed stroke relay and were second in the freestyle relay. Jake improved to BK 31.66 and Gulliver FS 25.72 as they each finished second in their invididuals.

Ellis Hedges achieved a massive PB in the under 10 yr BR 71.94, Mark Demuth swam eight races with tremendous consistency, Daniel Prece completed two lengths fly with a smile and great credit while Joe Casewell showed potential in his first gala.

Our girls won eight races to brighten our day. The under 11 yrs were boosted by the return of Rachel Paterson such that Katie Morrissey won BK 57.82 and Becky Bullivant won FLY 55.65 and FS 47.91. Brilliant!!! Our dream team under 12 yr girls took 35 of the 36 points available to them. Led by Abbie Mawson, a fantastic BK 48.81 (a 74 secs 100 is possible), Becky Hobson, a very strong win BR 58.10 (under 90 secs for 100 is possible), Cara Mawson, another best FLY 50.97 and Danni Bourne, a clear win FS 44.50 (definitely under 70 secs for the next 100). For good measure the girls won their relays by four and five seconds.

# CITY OF BIRMINGHAM MEET - 10/11 APRIL 2004

Simon Crowe produced some good swims at this well-run Meet, including IM 4.57.70 and FLY 2.19.30. As usual, the girls performed strongly, with Rebekah Bullivant and Danni Bourne obtaining a string of Midland Qualifying Times.

Continuation ... 3/6

Cara and Abbie Mawson and Rebecca Hobson continued their improvement on BK, and other good times came from Stacey Cameron BR 1.23.40, FLY 1.11.00 and 2.37.50; Chloe Naughton FLY 2.34.80 and FS 2.22.60; Matt Woodyatt BR 2.55.10 and Richard Baker BK 1.14.30.

# JUNIOR GALA CHESLYN HAY - 17 APRIL 2004

Phoenix Youth A 284, Camp Hill 204, Phoenix Youth B 196, Oldbury 183

This gala enabled us to measure ourselves against a very strong Phoenix Youth club who have enough swimmers to put out three junior teams. We could not get four U9 or U10 girls, so lost points in four relays.

8 yr old Amber Coughlin amazed us all with a 25s backstroke in her first gala and Kate Shortland produced three 21s freestyle swims. Sophie Spragg had some big PB's including BK 48.77 while Alice Plimmer reduced her FS time to 44.98. Katie Morrissey continued her improvement to win on BK 40.50 and Rebekah Bullivant had two second place swims.

Our Fantastic Flying Foursome won all six U12 races. Becky Hobson's lightening start and determined breaststroke winning easily in 41.40, which should put her under 1.30 for 100m. Abbie Mawson BK 35.36, Cara FLY 36.27 and Danni Bourne FS 32.03 all won and combined for easy wins in both relays.

Gulliver Bates revealed new talent BK 21.68 to egg on Jake Bullivant to BK 22.89. 8yr old Christian Bromley 21.60 and Zac Brough 22.91 showed their FS to be already competitive while Cameron Woodyatt and Chris West helped to win the FS relay. Daniel McElligott swam great PB's in FS 39.00, FLY 43.43 and James Cull improved to FS 37.10. Ben Brough's BK 41.67 would be even more valuable if he could do it in the Junior League!

## PERI MEET, RUGBY - 24/25 APRIL 2004

The problem of the failure to receive the cards was resolved successfully by Wendy Bullivant and we settled down to 2 days of competition and good performances.

Hope Weaver was in determined mood with FS 1.02.50, BK 2.26.72 and finally breaking the 70 sec barrier 1.08.44. Andrew Weedall returned to competition with a fine 54.96 FS, having lost none of his zest for racing, and BR 1.10.45. Rebecca Varney reduced her BR times to 1.27.32 and 3.05.64; Sarah Thornton to 1.30.23; Justine Powell swam FS 1.09.71 and FLY 34.20; sister Hannah 1.35.82; Lisa Coleman BK 1.21.32; Jodie Le Resche, unwell for some of the Meet, produced some good times FS 2.16.68 and 4.53.01, BK 1.11.39; Verity Naughton FS 5.05.28; Richard Baker, 5 best times, including FS 1.02.99,

2.20.47, BK 1.12.06; Danni Bourne BK 1.18.70, FS 31.70 and huge improvement 2.47.13; Rebekah Bullivant some reasonable times, but still needing to work HARD throughout her races rather than going for grandstand finishes. Stacey Cameron, a series of good efforts, Holly Whelan trying harder but missing out on warm-up and swim-down, which are integral parts of the races. Matt Woodyatt BR 35.96, BK 34.78, IM 2.40.40.

# MIDLAND YOUTH CHAMPIONSHIPS - 1/2 MAY 2004

Ewan Martin produced our best swims, winning the 400 IM, 4.53.64 and placing 3<sup>rd</sup> in the 200 IM and the 100 BR.

# "ICKLE" MEET, WOLVERHAMPTON - 1 MAY 2004

For the second of two weekends we had a problem with entry cards, but frantic efforts solved this and we finished as Top Club Trophy winners and with £30.00 each to Top Girl, Cara Mawson and Top Boy, Aaron Brough a successful weekend all round.

Some of our good swims: FS Rebecca Hobson 1.10.72; Holly Whelan 31.25; Katie Morrissey 1.20.40. BK Mark Demuth 41.94; Cara Mawson 1.17.31; Rebekah Bullivant 1.22.79. BR Aaron Brough 1.48.50; Rebecca Hobson 1.32.72. FLY Holly Whelan, still not realising the importance of the warm-up 1.18.56; Cara Mawson 1.19.13. Identical twins Cara and Abbie Mawson swam identical times of 36.73 in the 50 BK!

# JUNIOR LEAGUE ROUND II - SOLIHULL - 8 MAY 2004

Hinckley 204, Solihull 202, Boldmere 202, Briefley Hill 165, Camp Hill 144, Evesham 95

This gala reflected the good, the bad and the unacceptable in large quantities!

#### The Good:

We won ten events, compared with eight and nine for Solihull and Boldmere. Our girls produced 21 personal best times and the boys 20 pb's, including splits.

India Smith and Eleanor Hare swam well in their first gala but we still need more boys and girls.

## The Bad:

Several swimmer's inconsistency – swimming up to seven seconds below their best, even on one length.

Ten swimmers were not available for this most important gala. There should be no excuses - the dates for the 3 League rounds are available on the noticeboard, newsletter and Camp Hill website many months in advance of the events - showing a general lack of support for the team. I calculate that we would have won 42 more points, if everybody had been available. Backstrokers - not using the flags to turn and finish!!

Continuation ... 4/8

The Unacceptable:

Eight Disqualifications!!! We must increase our discipline at galas and in training. Finishing 5<sup>th</sup> in a gala that we could have won!

On a positive note...

It was good to have three 9 yr winners - Amy Middleton BK 32.56, Gulliver Bates BK 29.66 and Cameron Woodyatt BR 33.78. They were well supported in this youngest age group; Jake Bullivant with three PB's BK 31.60, FLY 31.27 and FS 27.32 and India Smith FS 27.89.

Ellis Hedges BR 71.06 was our outstanding ten

Rebekah Bullivant won BK 53.69 and FS 48.25 after a hectic day at Coventry, while our dynamic duo Mark Demuth BK 58.20, BR 65.06 both 2nd and Daniel McElligott FLY 61.14 also 2nd, have courage way above their experience.

Our "fun-loving, fabulous four, found further fantastic freestyle form" to leave the opposition floundering far behind and won the medley relay by a similar clear six seconds. Abbie Mawson again improved her winning time to BK 48.32, sister Cara followed with another win FLY 49.06, Becky Hobson also improved again to BR 57.13 and Danni Bourne was only just outside her best FS 44.50

### MIDLAND MASTERS - 14/16 MAY 2004

A message for our younger swimmers - "Study these results with respect!!"

Trevor Clark - 7 Golds, 1 Silver, including BK 1.09.15 BRITISH RECORD, and Midlands Records in 100 IM, 50 FS, FLY 1.06.48, FS 1.01.51. Sam Ansara - Bronze BK 36.18, Alan Cooper - Silver BK 1.15.85 and Bronze 50 and 100 FS. Norman Stephens 5 Golds BR 1.10.27, FS 24.81 and 56.14, Anne Bourne - Gold, Silver and Bronze, Kate Chase - Gold, Silver and 2 Bronze, Hayley Bettinson - Gold FS 28.25 BRITISH RECORD, Silver and Bronze, Suzanne Linton - Gold, 2 Silver, Jo Swift - 2 Gold, Claire Thorn - Silver and Bronze, Alison Wain - Silver and 2 Bronze.

Tim Welch, Robin Cull, Nick Manassieva, Simeon Hemmings and Kevin Woodward also collected team race medals.

RELAYS: 5 Gold, 1 Silver, 1 Bronze. Overall total - 44 medals.

# MASTERS WORLD CHAMPIONSHIPS (ITALY) 3-13 JUNE 2004

Trevor Clark: 50m FLY 10th, 100m 5th - 1.06.34, 50m BK 3<sup>rd</sup> 31.53, 200m FLY 4<sup>th</sup>, 100m FS 8<sup>th</sup>. Hayley Bettinson: 50m FLY 7th - 31.77, 50m FS 6" - 29.04, 50m BK 18"

Trevor and Hayley also swam in the Mixed Relay Teams which finished 2nd in the FS and 3rd in the Medley.

#### WARWICKSHIRE COUNTY LOUGHBOROUGH - 6 JUNE 2004

Our four representatives all swam well. Victories for Hope Weaver - IM 2.37.96, BK 1.09.86 and Jodie Le Resche FLY 1.11.88 also an excellent relay split of 30.56. Good swims from Rebekah Bullivant (first county appearance) FLY 37.18 and Danni Bourne FLY 36.17 and relay split 34.73. Warwickshire was pushed by the Staffordshire team throughout the match, but pulled clear in the final few events to collect the Trophy. Well done girls.

# MIDLAND AGE GROUPS - COVENTRY - 12/13 & 19/20 JUNE 2004

We achieved 3 National Qualifying times at this prestigious event. Jodie Le Resche BK 1.11.01 and 2.33.08 and Danielle Bourne a very determined FS 1.09.12 to take her to her first National Championship - well done Danni. Our girls Ellie Coe, Danni, Jodie and Rebecca Hobson made a considerable improvement on their entry time in the 4 x 100 FS relay.

## JUNIOR LEAGUE ROUND III - COSELEY - 26 **JUNE 2004**

Hinckley 224, Haden Hill 206, Walsall 162, Camp Hill 155, Wyre Forest 143, Stafford Apex 126 We arrived to find that the pool was in a much worse state than we had considered last time we were here. We were lucky that we did not have a

serious accident.

However, our swimming was brilliant! Thirty five PB times in this pool was unbelievable and ten race wins was our best this year I cannot remember us winning three boys races in the Junior League. Well done Gulliver Bates, and the 9 yr team - Jake Bullivant, Cameron Woodyatt and Benedict Evans. The 10 yr boys included a five second PB by Ellis Hedges to finish second and Elliot Glenn produced two great PB's on BK and FLY. In the 11 yrs Mark Demuth swam his least favoured strokes but both individuals produced PBs and he did so well swimming up in the 12 yr relays. With one more 11 yr boy we could have won twelve extra points and finished third! Sam Middleton improved his 12 yr BK by over four seconds but was tired at the end of the gala and needs to get fitter to swim with the best. Our 9 yr girls were disappointing this time and our 10 yr girls need more regular training to improve. Sophie Spragg did a very good backstroke but we lost the points from two relays to accommodate a swimmer who turned up unexpectedly. Our 11 yr girls at last performed consistently with Becky Bullivant easily winning the butterfly and then coming from behind to beat the Midland District Champion from Hinckley in the freestyle. Her next 100 FS can beat 70 secs. Katie Morrissey got lost on the way to the pool, but led all the way to win the backstroke and then produced a massive

Continuation ... 5/8

eight sec PB on the breaststroke. They were joined by Rachel Paterson and Hannah Powell to win the freestyle relay. Our fabulous flying foursome failed to fulfil the forecasted points haul but Abbie Mawson confirmed her status with a clear backstroke win over the Leicestershire Champion. Becky Hobson lowered her breaststroke PB to 57.31 which certainly means a sub 70 in her next 100 BR. Danni Bourne was just beaten in the freestyle while Cara Mawson spent an eternity checking out the bottom of the pool? Our quality quartet quickly quietened the opposition to win both relays by large margins.

Now that the Junior League is completed, these four young ladies must increase their discipline with a view to proving their status in the National Age Group Relays.

Thanks to everyone who has supported the Junior Team, especially Lynn Wyse, the officials, helpers and most of all Mr Thain and his swimmers.

TROPHY GALA - HINCKLEY - 3 JULY 2004

Hinckley 189, Camp Hill 182, Coalville 125, Leicester Belgrave 96, Leicester Neptune 60 This was an enjoyable competition, with our leading Hinckley for 35 events and then falling back. We did have some disappointing finishes. either finishing on the wrong arm or taking an unnecessary extra stroke on BR or FLY. However there were loads of good swims: Andrew Weedall enjoying toying with the opposition, winning IM, FS and BR 1.10.32; Mark Demuth was invincible winning 4 events including BR 41.35; FS - Chloe Naughton 1.07.26; Hope Weaver 1.02.42; Rebekah Bullivant 32.42; Andrew Jeskins 37.65. BK Sarah Thornton 1.21.07. BR Rebecca Hobson 1.29.47; Stephen Baker 1.29.39; Rebecca Varney 1.27.01.

# HEREFORD 50M SPRINT MEET - 10 JULY 2004

This was a low level, but valuable meet, as it enabled our participants to set many personal bests, and it was also interesting to compete with swimmers from outside our normal area.

Danni Bourne and Rebekah Bullivant each won their age groups "Top Swimmer" award, with others close too.

#### Noteworthy times:

FS - Danni 31.15, Nick West 32.64, Holly Whelan 30.87,

BR - Rebecca Hobson 39.86, Cara Mawson 41.80, Amy Middlemast 38.64

BK - Danni 35.99, Rebekah Bullivant 35.61, Sophie Spragg 45.28, Cara Mawson - 35.71

FLY - Lisa Coleman 36.87, Danni 34.97, Katie Morrissey 42.24, Elliot Glenn 47.51

IM – Sam Middleton 1.33.16, Danni 1.18.96

# SWIM SHOP

The Camp Hill Edwardians Swim Shop is open every Monday, Wednesday and Friday between swimming sessions at King Edwards Camp Hill School pool.

Club Polo Shirts, Rugby Shirts, Fleeces, Named Hats and Kit Bags are ordered at regular times throughout the year. Please advise either Pat or Sarah now so that you may be placed on the list for our next order.

#### REGULAR STOCK ...

CLUB HATS – silicone and latex "CLUB" black costumes & trunks

Range of Swimming Goggles for juniors & seniors

Club Polo & Rugby Shirts, Fleeces, Bags & named Hats

Other costumes & accessories available from the "Allens of Kingsbury" brochure (see noticeboard).

# MEMBERS OFFICE

# "NEW MEMBERS ARE ALWAYS WELCOME"

Enthusiastic swimmers can come along and visit any weekday at 6.30pm (except Thursdays) bring costumes and join in!

For more information and a swimming trial, please contact:

Gerry Thain 0121 444 2289 (Principal & Coach)
Wendy Bullivant 0121 449 9503 (Club Secretary)

## Important Notice for all parents:

If your children are taking <u>ANY</u> medicines on a long-term regular basis, please get a "Medication Form" from either Ann Baker or Wendy Bullivant who are required to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.

Continuation ... 6/8

#### **OLYMPIC GAMES ATHENS - 2004**

As I am sure you are all aware, George is competing in her 2<sup>nd</sup> Olympic games in August. We have managed to get hold of her programme of events and would encourage everyone to watch and support her whenever they can. Training from the age of 7 with Camp Hill, this wonderful achievement can provide justifiable belief and encouragement for our youngest members that, with the right guidance and plenty of hard work, a humble Club in Kings Heath can produce one of the Country's greatest swimmers.

For the younger members and parents, although she trains mainly in Texas at present, she visits and trains with us whenever she can. Many club members will remember with great pride how she competed for us in the Speedo League at Stechford last December. Many were amazed by the passion and "chair-standing" antics she displayed when supporting her team-mates towards the end of the evening. Good luck George, we are all behind you!

MLR

# GEORGINA LEE - PROGRAMME OF EVENTS

| Date        | Day       | Session | Event                          |
|-------------|-----------|---------|--------------------------------|
|             |           |         |                                |
| 14th August | Saturday  | AM      | 100m Butterfly heats           |
|             |           | PM      | 100m Butterfly semi-finals     |
|             |           |         |                                |
| 15th August | Sunday    | PM      | 100m Butterfly finals          |
|             |           |         |                                |
| 17th August | Tuesday   | AM      | 200m Butterfly heats           |
|             |           | PM      | 200m Butterfly semi-finals     |
|             |           |         |                                |
| 18th August | Wednesday | AM      | 4 x 200m Freestyle relay heats |
|             |           | PM      | 200m Butterfly final           |
|             |           |         | 4 x 200m Freestyle relay final |
|             |           |         |                                |
| 20th August | Friday    | AM      | 4 x 100m Medley relay heats    |
|             |           |         |                                |
| 21st August | Saturday  | PM      | 4 x 100m Medley relay final    |
|             |           |         |                                |