

		Saturday 16 November 2024	Sunday 17 November 2024
07:00:00	07:15:00	Warm-up Speed Women	Warm-up Freestyle Women
07:15:00	07:30:00		
07:30:00	07:45:00	Qualification Speed Women	Qualification Freestyle Women
07:45:00	08:00:00		
08:00:00	08:15:00	Warm-up Freestyle Men Part1	
08:15:00	08:30:00		
08:30:00	08:45:00	Qualification Freestyle Men Part 1	
08:45:00	09:00:00		Warm-up Speed Men
09:00:00	09:15:00		
09:15:00	09:30:00		Qualification Speed Men
09:30:00	09:45:00		
09:45:00	10:00:00		
10:00:00	10:15:00		
10:15:00	10:30:00	Warm-up Freestyle Men Part 2	
10:30:00	10:45:00		
10:45:00	11:00:00	Qualification Freestyle Men Part 2	
11:00:00	11:15:00		Warm-up Speed M Junior
11:15:00	11:30:00		Qualification Speed M Junior
11:30:00	11:45:00		
11:45:00	12:00:00		Touch Warm-up Speed M Junior
12:00:00	12:15:00		Semi-Final Speed M Junior
12:15:00	12:30:00		Touch Warm-up Speed W Junior
12:30:00	12:45:00	Warm-up Freestyle M Junior	Final Speed W Junior
12:45:00	13:00:00	Qualification Freestyle M Junior	Touch Warm-up Speed M Junior
13:00:00	13:15:00		Final Speed M Junior
13:15:00	13:30:00		Warm-up Freestyle W Junior
13:30:00	13:45:00	Warm-up Speed W Junior	Final Freestyle W Junior
13:45:00	14:00:00	Qualification Speed W Junior	Warm-up Freestyle M Junior
14:00:00	14:15:00		Final Freestyle M Junior
14:15:00	14:30:00		
14:30:00	14:45:00	Training Speed Women	Award Ceremony Junior
14:45:00	15:00:00		
15:00:00	15:15:00	Training Freestyle Men	Training Speed Men
15:15:00	15:30:00		Training Freestyle Women
15:30:00	15:45:00	Touch Warm-up Speed Women	Touch Warm-up Speed Men
15:45:00	16:00:00	Semi-Final Speed Women	Semi-Final Speed Men
16:00:00	16:15:00	Touch Warm-up Freestyle Men	Touch Warm-up Freestyle Women
16:15:00	16:30:00	FINAL Freestyle Men	FINAL Freestyle Women
16:30:00	16:45:00		
16:45:00	17:00:00	Touch Warm-up Speed Women	Touch Warm-up Speed Men
17:00:00	17:15:00	FINAL Speed Women	FINAL Speed Men
17:15:00	17:30:00	Award Ceremony	Award Ceremony
17:30:00	17:45:00		
17:45:00	18:00:00		
18:00:00	18:15:00		
18:15:00	18:30:00		
18:30:00	18:45:00		
18:45:00	19:00:00		
19:00:00	19:15:00		
19:15:00	19:30:00		
19:30:00	19:45:00		
19:45:00	20:00:00		
20:00:00	20:15:00		
20:15:00	20:30:00		
20:30:00	20:45:00		
20:45:00	21:00:00		