

Rio Olympics 2016 swimming schedule: What time and days is it on in Australia

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Swimming at the 2016 Rio Olympics.

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London 2012 was Australian swimming's first Games without an individual gold medal since Montreal 1976, with a haul of one gold, six silver and three bronze medals the team's worst since 1992.

A "toxic culture" was blamed for that performance but a united team has made steady improvement in recent years and looks set to fire on the back of top individual hopes Mitch Larkin, Emily Seebohm, Cameron McEvoy and the Campbell sisters.

WHERE AND WHEN IS IT?

The swimming will be held at the Olympic Aquatics Stadium in the main Olympic zone at Barra da Tijuca.

Synchronised swimming will run at the same venue with diving and water polo held at the nearby Maria Lenk Aquatic Centre.

The swimming program is held over eight days, from August 6 to 13. Other aquatics sports diving (Aug 7-20), synchronised swimming (Aug 14-19) and water polo (Aug 6-20) continue right throughout the Games.



Rio Olympics 2016 swimming schedule: What time and days is it on in Australia *Source: Getty Images*

WHAT TIME IS IT ON IN AUSTRALIA?

Rather than the morning-and-early-evening schedule used at most international meets, heats will be held in the afternoon and finals late at night to suit the North American television audience. Heats will start at 1pm local time (2am AEST) with finals sessions beginning at the Australian audience-friendly hour of 10pm local (11am AEST). For info on other aquatics events visit [here](#).

THE AUSSIE TEAM

Australia named a 34-strong swim team following the completion of selection trials in Adelaide earlier this month. Sprinters James Magnussen, James Roberts and Matt Abood have since been officially added as relay swimmers, with Australia's qualification for the men's 4x100m freestyle relay confirmed by FINA. In addition, London Olympian Jarrod Poort and debutant Chelsea Gubecka will take to the waters of Copacabana for the 10km marathon swim.

Australia's diving, water polo and synchronised swimming squads have also been named. See them [here](#).

WHAT ARE THE CHANCES?

With a handful of Australians likely to head into Rio with world-leading times and the relay teams looking strong across the board, all signs point to a gold rush for the Dolphins in Rio.

OUR BEST SHOTS

MITCH LARKIN (100m backstroke, 200m backstroke, medley relay)



Rio Olympics 2016 swimming schedule: What time and days is it on in Australia *Source: News Corp Australia*

Australia hasn't had an individual Olympic backstroke gold medallist since David Theile in 1960 but 22-year-old Larkin is in with a realistic shot of completing the 100m-200m double in Rio, as he did at last year's world championships.

The Queenslander also looms as a huge weapon in Australia's men's medley relay team.

CAMERON McEVOY (50m freestyle, 100m freestyle, 200m freestyle, relays)



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McEvoy become the first man to complete the national sprint treble at the selection trials and while it's unlikely he could do the same at Olympic level, he's certainly a medal contender in all three events.

The 21-year-old astrophysics student will be gold medal favourite in the 100m freestyle after clocking the fastest time in history in a textile suit and is an important component in relays he's set for a huge workload in Rio.

THE CAMPBELL SISTERS (50m freestyle, 100m freestyle, relays)



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Cate and younger sister Bronte have pushed each other all the way to the top of the women's sprint world in recent years.

They look a legitimate shot of going one-two in the individual sprint events and will team up in the sprint relay, for which the defending champions will be hot gold medal favourites.

Cate, in particular, will have a huge target on her back having smashed the longstanding "supersuit" 100m freestyle world record last month.

EMILY SEEBOHM (100m backstroke, 200m backstroke, relays)



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Seebohm suffered heartbreak when she narrowly missed individual gold in London but she'll get a chance to atone as the favourite again in Rio.

Seebohm must overcome American star Missy Franklin but also faces strong competition from within her own team in Madi Wilson and Belinda Hocking.

MACK HORTON (400m freestyle, 1500m freestyle)



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Australia has waited for a distance swimmer to step up since the glory days of Grant Hackett and Ian Thorpe and 20-year-old Horton looks to be that man.

A gold medal contender in both the 400m and 1500m freestyle, Horton will go head-to-head with legendary Chinese star Sun Yang in what looms as a fascinating duel.