

## Competition Schedule

Friday, December 2<sup>nd</sup> 2022

### Warm Up



P1 15:00  
P1 15:00  
P1 15:00 / P4  
P1 15:00 / P4



P1 15:00 / P4  
P1 15:00 / P4  
P1 15:00 / P4  
P1 15:00 / P4



### Event Session A & B

16:00 **1500 Freestyle Men** (2 Heats)  
16:40 **1500 Freestyle Women** (2 Heats)  
17:20 **400 Ind. Medley Men** (2 Heats)  
VC 1500 Freestyle Men  
17:42 **400 Ind. Medley Women** (2 Heats)  
VC 1500 Freestyle Women

### Session B

18:05 50 Freestyle Men (Heats)  
VC 400 Ind. Medley Men  
VC 400 Ind. Medley Women  
18:50 50 Freestyle Women (Heats)  
19:25 200 Backstroke Men (Heats)  
19:55 200 Backstroke Women (Heats)

## Saturday, December 3<sup>rd</sup> 2022

### Warm Up

P1 07:40  
 P1 07:40  
 P1 08:20 / P4  
 P1 08:20 / P4  
 P1 08:20 / P4  
 P1 08:20 / P4  
 P4  
 P4  
 P4  
 P4



P4  
 P4

### Event Session B

09:00 200 Freestyle Men (Heats)  
 10:00 200 Freestyle Women (Heats)  
 11:00 200 Fly Men (Heats)  
 11:20 200 Fly Women (Heats)  
 11:40 100 Breaststroke Men (Heats)  
 12:25 100 Breaststroke Women (Heats)  
 13:10 50 Backstroke Men (Heats)  
 13:35 50 Backstroke Women (Heats)  
 14:00 50 Fly Men (Heats)  
 14:25 50 Fly Women (Heats)

### Session A & B

14:50 **400 Freestyle Men** (4 Heats)  
 15:15 **400 Freestyle Women** (4 Heats)  
 VC 400 Freestyle Men  
 VC 400 Freestyle Women

### Session A & STAR EVENTS (SE)

P1 15:40 / P3  
 P1 15:40 / P3  
 P1 15:40 / P3  
 P1 15:40 / P3  
 P1 15:40 / P3  
 P1 15:40 / P3  
 16:30 200 Backstroke Men (3 Heats)  
 16:40 200 Backstroke Women (3 Heats)  
 16:50 200 Fly Men (3 Heats)  
 17:00 200 Fly Women (3 Heats)  
 17:10 200 Freestyle Men (3 Heats)  
 VC 200 Backstroke Men  
 17:20 200 Freestyle Women (3 Heats)  
 VC 200 Backstroke Women  
 VC 200 Fly Men  
 VC 200 Fly Women  
 VC 200 Freestyle Men  
 VC 200 Freestyle Women

P1 17:50 – 18:20 **Warm UP**

P1 18:00 / P3/ P4	<b>18:40</b>	<b>50 swimmers with disability SE</b>
P1 18:00 / P3/ P4	<b>18:45</b>	<b>50 Freestyle Men SE</b>
P1 18:00 / P3/ P4	18:55	100 Breaststroke Men (3 Heats)
P1 18:00 / P3/ P4	19:05	100 Breaststroke Women (3 Heats)
P1 18:00 / P3/ P4	<b>19:15</b>	<b>50 Freestyle Women SE</b>
P1 18:00 / P3/ P4	<b>19:20</b>	<b>200 Medley Men SE</b>
		VC 50 swimmers with disability SE
		VC 50 Freestyle Men SE
P1 18:00 / P3/ P4	19:30	50 Backstroke Men (6 Heats)
		VC 100 Breaststroke Men
P1 18:00 / P3/ P4	19:40	50 Backstroke Women (6 Heats)
		VC 100 Breaststroke Women
P1 18:00 / P3/ P4	<b>19:50</b>	<b>50 Fly Women SE</b>
P1 18:00 / P3/ P4	<b>19:55</b>	<b>50 Breaststroke Men SE</b>
		VC Freestyle Women SE
		VC 200 Medley Men SE
P1 18:00 / P3/ P4	20:05	50 Fly Men (6 Heats)
		VC 50 Backstroke Men
P1 18:00 / P3/ P4	20:15	50 Fly Women (6 Heats)
		VC 50 Backstroke Women
P1 18:00 / P3/ P4	<b>20:25</b>	<b>50 Breaststroke Women SE</b>
P1 18:00 / P3/ P4	<b>20:30</b>	<b>50 Backstroke Men SE</b>
		VC50 Fly Women SE
		VC50 Breaststroke Men SE
P1 18:00 / P3/ P4	20:40	50 Freestyle Men (6 Heats)
		VC50 Fly Men
		50 Freestyle Women (6 Heats)
P1 18:00 / P3/ P4	20:50	VC 50 Fly Women
P1 18:00 / P3/ P4	<b>21:00</b>	<b>50 Backstroke Women SE</b>
P1 18:00 / P3/ P4	<b>21:05</b>	<b>50 Fly Men SE</b>
		VC 50 Breaststroke Women SE
		VC 50 Backstroke Men SE
		VC 50 Backstroke Women SE
		VC 50 Fly Men SE
		VC 50 Freestyle Men
		VC 50 Freestyle Women



## Sunday, December 4<sup>th</sup> 2022

### Warm Up                      Event    Session B

P1 07:40		09:00	50 Breaststroke Women (Heats)
P1 07:40		09:20	50 Breaststroke Men (Heats)
P1 08:20 / P4		09:45	100 Freestyle Women (Heats)
P1 08:20 / P4		11:00	100 Freestyle Men (Heats)
P3 / P4		12:15	200 Ind. Medley Women (Heats)
P3 / P4		13:00	200 Ind. Medley Men (Heats)
P3 / P4		13:45	100 Fly Women (Heats)
P3 / P4		14:15	100 Fly Men (Heats)
P3 / P4		14:55	200 Breaststroke Women (Heats)
P3 / P4		15:30	200 Breaststroke Men (Heats)
P3 / P4		16:00	100 Backstroke Women (Heats)
P3 / P4		16:40	100 Backstroke Men (Heats)



### Session A & B

P3 / P4		<b>17:00</b>	<b>800 Freestyle Women</b> (2 Heats)
P3 / P4		<b>17:25</b>	<b>800 Freestyle Men</b> (2 Heats)
			VC 800 Freestyle Men
			VC 800 Freestyle Women

### Session A & STAR EVENTS (SE)

P3 / P4		18:00	50 Breaststroke Women (6 Heats)
P3 / P4		18:04	50 Breaststroke Men (6 Heats)
P3 / P4		18:08	100 Freestyle Women (3 Heats)
			VC 50 Breaststroke Women
P3 / P4		18:14	100 Freestyle Men (3 Heats)
			VC 50 Breaststroke Men
P3 / P4		18:30	<b>4X50 MIXED FREESTYLE</b>
			VC 4X50 MIXED FREESTYLE
P3 / P4		18:45	200 Ind. Medley Women (3 Heats)
			VC 100 Freestyle Women
P3 / P4		18:55	200 Ind. Medley Men (3 Heats)
			VC 100 Freestyle Men
P3 / P4		19:05	<b>4X50 MIXED MEDLEY</b>
			VC 4X50 MIXED MEDLEY
P3 / P4		19:20	100 Fly Women (3 Heats)
			VC 200 Ind. Medley Women
P3 / P4		19:26	100 Fly Men (3 Heats)
			VC 200 Ind. Medley Men
P3 / P4		19:32	200 Breaststroke Women (3 Heats)
			VC 100 Fly Women
P3 / P4		19:43	200 Breaststroke Men (3 Heats)
			VC 100 Fly Men
P3 / P4		19:54	100 Backstroke Women (3 Heats)
			VC 200 Breaststroke Women
P3 / P4		20:00	100 Backstroke Men (3 Heats)
			VC 200 Breaststroke Men
			VC 100 Backstroke Women
			VC 100 Backstroke Men

The timetable is indicative and will be redefined after the final entries

**Highest Permitted**

**Time limits**

**Men**

**Women**



50 Freestyle	00:43.00	00:45.00
100 Freestyle	01:33.00	01:36.00
200 Freestyle	03:00.00	03:10.00
400 Freestyle	04:50.00	05:00.00
800 Freestyle	09:50.00	10:30.00
1500 Ελεύθερο	20:00.00	20:30:00

50 Backstroke	00:51.00	00:55.00
100 Backstroke	01:38.00	01:41.00
200 Backstroke	03:10.00	03:12.00



50 Fly	00:46.00	00:48.00
100 Fly	01:35.00	01:38.00
200 Fly	03:05.00	03:15.00

50 Breaststroke	00:54.00	00:55.00
100 Breaststroke	01:51.00	01:53.00
200 Breaststroke	03:42.00	03:48.00



200 Ind. Medley	03:20.00	03:25.00
400 Ind. Medley	05:32.00	05:55.00