

## WARM UP AND COMPETITION PROGRAM

### 1. session Saturday morning warm up at 07:30 competition at 9:00

1. men	200 free S1 - S5 + S16	2. women
3. men	400 free S6 - S14	4. women
5. men	50 back	6. women
7. men	100 fly	8. women
9. mix	4*100 mixed free relay <30	
10. mix	4*100 mixed free relay ≥30	

### 2. session Saturday afternoon warm up at 15:30 competition at 17:00

11. men	100 free	12. women
13. men	50 breast	14. women
15. men	100 back	16. women
17. men	50 fly	18. women
19. men	4*50 free relay <30	20. women
21. men	4*50 free relay ≥30	22. women

### 3. session Sunday morning warm up at 7:30 competition at 9:00

23. men	50 free	24. women
25. men	200/150 IM	26. women
27. men	100 breast	28. women
29. men	4*50 medley relay <30	30. women
31. men	4*50 medley relay ≥30	32. women