



SWIMMING

1st DAY : MONDAY 3RD JULY

10:00-12:00 TRAINING FOR ALL NATIONS

2nd DAY : TUESDAY 4TH JULY

19:00-21:00 TRAINING FOR ALL NATIONS

3rd DAY : WEDNESDAY 5TH JULY

10:00 Warm-up

10:30 Competition

50 m	Freestyle	G	Heats
50 m	Freestyle	B	Heats
50 m	Breaststroke	G	Heats
50 m	Breaststroke	B	Heats
100 m	Butterfly	G	Heats
100 m	Butterfly	B	Heats
100 m	Backstroke	G	Heats
100 m	Backstroke	B	Heats

10 minute-break

400m	Freestyle	B	Final
200m	Medley	G	Final
200m	Medley	B	Final
200m	Breaststroke	B	Final

Medals

50 m	Freestyle	G	Final
50 m	Freestyle	B	Final
50 m	Breaststroke	G	Final
50 m	Breaststroke	B	Final

Medals

4 x 100 m	Freestyle	G	Heats
4 x 100 m	Breaststroke	B	Heats



4rd DAY : THURSDAY 6TH JULY

19:00 Warm-up
19:30 Competition

50 m	Backstroke	G	Heats
50 m	Backstroke	B	Heats
50 m	Butterfly	G	Heats
50 m	Butterfly	B	Heats
100 m	Freestyle	G	Heats
100 m	Freestyle	B	Heats
100 m	Breaststroke	G	Heats
100 m	Breaststroke	B	Heats

200 m	Backstroke	G	Final
200 m	Backstroke	B	Final
200 m	Butterfly	G	Final
200 m	Butterfly	B	Final
200m	Freestyle	G	Final
200m	Freestyle	B	Final

Medals

100 m	Backstroke	G	Final
100 m	Backstroke	B	Final
100 m	Butterfly	G	Final
100 m	Butterfly	B	Final
4X100 m	Freestyle	Mix	Final

Medals

5th Day : FRIDAY 7TH JULY

10:00 Warm-up
10:30 Competition

100 m	Freestyle	G	Final
100 m	Freestyle	B	Final
100 m	Breaststroke	G	Final
100 m	Breaststroke	B	Final

Medals

50 m	Backstroke	G	Final
50 m	Backstroke	B	Final
50 m	Butterfly	G	Final
50 m	Butterfly	B	Final



Team Competitions

100 m	Butterfly	G
100 m	Butterfly	B

10 minutes

100 m	Backstroke	G
100 m	Backstroke	B

10 minutes

100 m	Breaststroke	G
100 m	Breaststroke	B

10 minutes

100 m	Freestyle	G
100 m	Freestyle	B

10 minutes

4 x 50 m	Relay Freestyle	G
4 x 50 m	Relay Freestyle	B