

Schedule Session No. 1 - 9-10

1/22/2023 - 7:45

Warmup: 6:30 until 7:30

7:45	1.	50m Backstroke	All	Timed Final	9 - 10	0:26	13 Heats	126
8:11	2.	100m Medley	All	Timed Final	9 - 10	0:29	9 Heats	83
8:40	3.	50m Breaststroke	All	Timed Final	9 - 10	0:21	11 Heats	108
9:01	4.	100m Backstroke	All	Timed Final	9 - 10	0:31	9 Heats	83
9:32	5.	50m Butterfly	All	Timed Final	9 - 10	0:17	8 Heats	79
9:49	6.	100m Breaststroke	All	Timed Final	9 - 10	0:20	6 Heats	59
10:09	7.	100m Freestyle	All	Timed Final	9 - 10	0:46	16 Heats	151
10:55	8.	4 x 50m Freestyle	Girls	Timed Final	9 - 10	0:09	2 Heats	14
11:04	9.	4 x 50m Freestyle	Boys	Timed Final	9 - 10	0:09	2 Heats	12
11:13	End of session				Total duration	3:28		

Schedule Session No. 2 - 8- + 11-12

1/22/2023 - 12:45

Warmup: 11:30 until 12:30

12:45	10.	50m Breaststroke	All	Timed Final	- 8	0:19	8 Heats	71
13:04	11.	100m Freestyle	All	Timed Final	- 12	0:51	20 Heats	192
13:55	12.	50m Butterfly	All	Timed Final	- 8	0:07	3 Heats	27
14:02	13.	100m Breaststroke	All	Timed Final	- 12	0:29	11 Heats	102
14:31	14.	50m Backstroke	All	Timed Final	- 8	0:22	10 Heats	96
14:53	15.	100m Medley	All	Timed Final	11 - 12	0:20	7 Heats	66
15:13	16.	50m Freestyle	All	Timed Final	- 8	0:18	9 Heats	86
15:31	17.	200m Backstroke	All	Timed Final	11 - 12	0:19	4 Heats	37
15:50	18.	100m Backstroke	All	Timed Final	- 12	0:24	8 Heats	72
16:14	19.	200m Medley	All	Timed Final	11 - 12	0:27	6 Heats	57
16:41	20.	4 x 50m Medley	Girls	Timed Final	- 12	0:11	2 Heats	16
16:52	21.	4 x 50m Medley	Boys	Timed Final	- 12	0:10	2 Heats	17
17:02	End of session				Total duration	4:17		