

Schedule Session No. 1 - Long Distances

1/21/2023 - 9:00

Warmup: 8:00 until 8:45

9:00	1.	800m Freestyle	All	Timed Final	18 +	0:35	2 Heats	15
9:35	2.	1500m Freestyle	All	Timed Final	18 +	1:01	2 Heats	19
10:36	End of session				Total duration	1:36		

Schedule Session No. 2 - Session 1

1/21/2023 - 12:30

Warmup: 11:30 until 12:15

12:30	3.	100m Freestyle	All	Timed Final	18 +	0:13	6 Heats	34
12:43	4.	50m Breaststroke	All	Timed Final	18 +	0:08	4 Heats	23
12:51	5.	100m Backstroke	All	Timed Final	18 +	0:10	3 Heats	17
13:01	6.	100m Butterfly	All	Timed Final	18 +	0:08	3 Heats	14
13:09	7.	200m Freestyle	All	Timed Final	18 +	0:09	2 Heats	10
13:18	8.	50m Backstroke	All	Timed Final	18 +	0:09	4 Heats	20
13:27	9.	100m Breaststroke	All	Timed Final	18 +	0:09	3 Heats	18
13:36	10.	50m Freestyle	All	Timed Final	18 +	0:07	5 Heats	30
13:43	11.	100m Medley	All	Timed Final	18 +	0:13	5 Heats	26
13:56	12.	200m Backstroke	All	Timed Final	18 +	0:16	3 Heats	13
14:12	13.	50m Butterfly	All	Timed Final	18 +	0:08	5 Heats	28
14:20	14.	400m Freestyle	All	Timed Final	18 +	0:14	2 Heats	9
14:34	15.	4 x 50m Freestyle	All	Timed Final	72 - 399	0:04	1 Heat	6
14:38	End of session				Total duration	2:08		