SWIMMING

TUESDAY
23.06.2009

TRAINING SCHEDULE	
START	END
08:00	20:00

WEDNESDAY
24.06.2009

TRAINING SCHEDULE	
START	END
08:00	18:00

THURSDAY
25.06.2009

TIME			EVENT	G
07:00-07:30			ARRIVAL	
07:30-08:00			1ST GROUP WARM UP	
08:00-08:30			2nd GROUP WARM UP	
09:00			PRELIMINARIES	
	1	200m.	INDIVIDUAL MEDLEY	F
	2	200m.	INDIVIDUAL MEDLEY	M
	3	50m.	FREESTYLE	F
	4	50m.	FREESTYLE	M
	5	100m.	BACKSTROKE	F
	6	100m.	BACKSTROKE	M
	7	100m.	BUTTERFLY	F
	8	100m.	BUTTERFLY	M
	9	50m.	BREASTSTROKE	F
	10	50m.	BREASTSTROKE	M
			warming up main pool	
	11	4X100m.	FREESTYLE RELAY	F
	12	4X100m.	FREESTYLE RELAY	M

TIME			EVENT	G
17:00-17:30			WARM UP PERIOD	
18:00			FINALS	
18:00	1	50m.	FREESTYLE (DISABILITIES)	F
18:05	2	50m.	FREESTYLE (DISABILITIES)	M
18:10	3	200m.	INDIVIDUAL MEDLEY	F
18:14	4	200m.	INDIVIDUAL MEDLEY	M
18:18			**1st event AWARD CEREMONY**	
			2nd event AWARD CEREMONY	
18:24	5	50m.	FREESTYLE	F
18:26	6	50m.	FREESTYLE	M
18:28			**3rd event AWARD CEREMONY**	
			4th event AWARD CEREMONY	
18:34	7	100m.	BACKSTROKE	F
18:37	8	100m.	BACKSTROKE	M
18:40			**5th event AWARD CEREMONY**	
			6th event AWARD CEREMONY	
18:46	9	100m.	BUTTERFLY	F
18:49	10	100m.	BUTTERFLY	M
18:52			**7th event AWARD CEREMONY**	
			8th event AWARD CEREMONY	
18:58	11	50m.	BREASTSTROKE	F
19:00	12	50m.	BREASTSTROKE	M
19:02			**9th event AWARD CEREMONY**	
			10th event AWARD CEREMONY	
19:08			WARMING UP MAIN POOL	
19:25	13	4X100m.	FREESTYLE RELAY	F
19:31			**11th event AWARD CEREMONY**	
			12th event AWARD CEREMONY	
19:37	14	4X100m.	FREESTYLE RELAY	M
19:43			**13th event AWARD CEREMONY**	
			14th event AWARD CEREMONY	
19:51			COMPETITION ENDS	

FRIDAY
26.06.2009

TIME			EVENT	G
07:00-07:30			ARRIVAL	
07:30-08:00			1ST GROUP WARM UP	
08:00-08:30			2nd GROUP WARM UP	
09:00			PRELIMINARIES	
	1	400m.	FREESTYLE	F
	2	400m.	FREESTYLE	M
	3	50m.	BACKSTROKE	F
	4	50m.	BACKSTROKE	M
	5	100m.	FREESTYLE	F
	6	100m.	FREESTYLE	M
	7	50m.	BUTTERFLY	F
	8	50m.	BUTTERFLY	M
	9	100m.	BREASTSTROKE	F
	10	100m.	BREASTSTROKE	M
			warming up main pool	
	11	4X100m.	MEDLEY RELAY	F
	12	4X100m.	MEDLEY RELAY	M

TIME			EVENT	G
17:00-17:30			WARM UP PERIOD	
18:00			FINALS	
18:00	1	400m.	FREESTYLE	F
18:06	2	400m.	FREESTYLE	M
18:12	3	50m.	BACKSTROKE	F
18:14	4	50m.	BACKSTROKE	M
18:16			**1st event AWARD CEREMONY**	
			2nd event AWARD CEREMONY	
18:22	5	100m.	FREESTYLE	F
18:25	6	100m.	FREESTYLE	M
18:28			**3rd event AWARD CEREMONY**	
			4th event AWARD CEREMONY	
18:34	7	50m.	BUTTERFLY	F
18:36	8	50m.	BUTTERFLY	M
18:38			**5th event AWARD CEREMONY**	
			6th event AWARD CEREMONY	
18:44	9	100m.	BREASTSTROKE	F
18:47	10	100m.	BREASTSTROKE	M
18:50			**7th event AWARD CEREMONY**	
			8th event AWARD CEREMONY	
18:56			WARMING UP MAIN POOL	
19:15	11	4X100m.	MEDLEY RELAY	F
19:21			**9th event AWARD CEREMONY**	
			10th event AWARD CEREMONY	
19:27	12	4X100m.	MEDLEY RELAY	M
19:33			**11th event AWARD CEREMONY**	
			12th event AWARD CEREMONY	
19:41			COMPETITION ENDS	