



**Schedule Session No. 1 - 22. March 2019**

**22.03.2019 - 16:00**

Warmup: 15:00 until 15:50

|       |                |                 |       |                |      |      |         |
|-------|----------------|-----------------|-------|----------------|------|------|---------|
| 16:00 | 1.             | 400m Medley     | Women | Timed Final    | 10 + | 0:44 | 7 Heats |
| 16:44 | 2.             | 400m Medley     | Men   | Timed Final    | 11 + | 0:42 | 7 Heats |
| 17:26 | 3.             | 800m Freestyle  | Women | Timed Final    | 10 + | 0:53 | 5 Heats |
| 18:19 | 4.             | 1500m Freestyle | Men   | Timed Final    | 11 + | 1:36 | 5 Heats |
| 19:55 | End of session |                 |       | Total duration |      | 3:55 |         |

**Schedule Session No. 2 - 23. March 2019**

**23.03.2019 - 9:25**

Warmup: 8:00 until 8:50

Officials Meeting: 9:00

|       |                |                   |       |                |      |      |          |
|-------|----------------|-------------------|-------|----------------|------|------|----------|
| 9:25  | 5.             | 200m Breaststroke | Women | Timed Final    | 10 + | 0:36 | 10 Heats |
| 10:01 | 6.             | 200m Breaststroke | Men   | Timed Final    | 11 + | 0:35 | 10 Heats |
| 10:36 | 7.             | 100m Backstroke   | Women | Timed Final    | 10 + | 0:34 | 18 Heats |
| 11:10 | 8.             | 100m Backstroke   | Men   | Timed Final    | 11 + | 0:33 | 18 Heats |
| 11:43 | 9.             | 200m Butterfly    | Women | Timed Final    | 10 + | 0:21 | 6 Heats  |
| 12:04 | 10.            | 200m Butterfly    | Men   | Timed Final    | 11 + | 0:18 | 6 Heats  |
| 12:22 | 11.            | 200m Freestyle    | Women | Timed Final    | 10 + | 0:33 | 11 Heats |
| 12:55 | 12.            | 200m Freestyle    | Men   | Timed Final    | 11 + | 0:33 | 12 Heats |
| 13:28 | End of session |                   |       | Total duration |      | 4:03 |          |

**Schedule Session No. 3 - 23. March 2019**

**23.03.2019 - 16:30**

Warmup: 15:00 until 15:50

|       |                |                   |       |                |      |      |          |
|-------|----------------|-------------------|-------|----------------|------|------|----------|
| 16:30 | 13.            | 50m Freestyle     | Women | Timed Final    | 10 + | 0:34 | 32 Heats |
| 17:04 | 14.            | 50m Freestyle     | Men   | Timed Final    | 11 + | 0:31 | 31 Heats |
| 17:35 | 15.            | 50m Backstroke    | Women | Timed Final    | 10 + | 0:27 | 22 Heats |
| 18:02 | 16.            | 50m Backstroke    | Men   | Timed Final    | 11 + | 0:24 | 20 Heats |
| 18:26 | 17.            | 100m Breaststroke | Women | Timed Final    | 10 + | 0:20 | 10 Heats |
| 18:46 | 18.            | 100m Breaststroke | Men   | Timed Final    | 11 + | 0:18 | 10 Heats |
| 19:04 | 19.            | 100m Butterfly    | Women | Timed Final    | 10 + | 0:16 | 9 Heats  |
| 19:20 | 20.            | 100m Butterfly    | Men   | Timed Final    | 11 + | 0:17 | 10 Heats |
| 19:37 | 21.            | 400m Freestyle    | Women | Timed Final    | 10 + | 0:33 | 6 Heats  |
| 20:10 | 22.            | 400m Freestyle    | Men   | Timed Final    | 11 + | 0:32 | 6 Heats  |
| 20:42 | End of session |                   |       | Total duration |      | 4:12 |          |





Schedule Session No. 4 - 24. March 2019

24.03.2019 - 9:30

Warmup: 8:00 until 8:50

|       |                |                  |       |             |                |      |          |
|-------|----------------|------------------|-------|-------------|----------------|------|----------|
| 9:30  | 23.            | 50m Butterfly    | Women | Timed Final | 10 +           | 0:27 | 24 Heats |
| 9:57  | 24.            | 50m Butterfly    | Men   | Timed Final | 11 +           | 0:23 | 22 Heats |
| 10:20 | 25.            | 50m Breaststroke | Women | Timed Final | 10 +           | 0:19 | 16 Heats |
| 10:39 | 26.            | 50m Breaststroke | Men   | Timed Final | 11 +           | 0:17 | 14 Heats |
| 10:56 | 27.            | 100m Freestyle   | Women | Timed Final | 10 +           | 0:23 | 14 Heats |
| 11:19 | 28.            | 100m Freestyle   | Men   | Timed Final | 11 +           | 0:21 | 14 Heats |
| 11:40 | 29.            | 200m Backstroke  | Women | Timed Final | 10 +           | 0:21 | 6 Heats  |
| 12:01 | 30.            | 200m Backstroke  | Men   | Timed Final | 11 +           | 0:22 | 7 Heats  |
| 12:23 | 31.            | 200m Medley      | Women | Timed Final | 10 +           | 0:26 | 8 Heats  |
| 12:49 | 32.            | 200m Medley      | Men   | Timed Final | 11 +           | 0:25 | 8 Heats  |
| 13:14 | End of session |                  |       |             | Total duration | 3:44 |          |

