

Schedule Session No. 1 - Poussins

03/12/2023 - 9:20

Warmup: 8:30 until 9:10

Officials Meeting: 8:30

9:20	1.	50m Breaststroke	Girls	Timed Final	8 - 9	0:17	8 Heats	43
9:37	2.	50m Breaststroke	Boys	Timed Final	8 - 10	0:20	10 Heats	59
9:57	3.	50m Backstroke	Girls	Timed Final	8 - 9	0:15	7 Heats	39
10:12	4.	50m Backstroke	Boys	Timed Final	8 - 10	0:24	11 Heats	61
10:36	5.	50m Freestyle	Girls	Timed Final	8 - 9	0:13	7 Heats	42
10:49	6.	50m Freestyle	Boys	Timed Final	8 - 10	0:18	10 Heats	60
11:07	7.	4 x 50m Freestyle	Mixed	Timed Final	Open	0:15	3 Heats	17
11:22	Victory ceremonies							
11:22	End of session			Total duration		2:02		

Schedule Session No. 2 - Artistic Swimming

03/12/2023 - 12:00

Warmup: 11:30 until 12:00

Fig 1 - Bent knee - Beginners
Fig 2 - Somersault back tuck split - Beginners
Fig 3 - Barracuda - U12
Fig 4 - Straight ballet legs - U12
Victory ceremonies

Schedule Session No. 3 - Pupilles

03/12/2023 - 14:30

Warmup: 13:30 until 14:20

Officials Meeting: 13:30

14:30	8.	100m Medley	Girls	Timed Final	10 - 11	0:35	12 Heats	67
15:05	9.	100m Medley	Boys	Timed Final	11 - 12	0:21	8 Heats	48
15:26	10.	100m Breaststroke	Girls	Timed Final	10 - 11	0:16	5 Heats	27
15:42	11.	100m Breaststroke	Boys	Timed Final	11 - 12	0:09	3 Heats	17
15:51	12.	100m Backstroke	Girls	Timed Final	10 - 11	0:30	10 Heats	58
16:21	13.	100m Backstroke	Boys	Timed Final	11 - 12	0:21	8 Heats	45
16:42	14.	50m Butterfly	Girls	Timed Final	10 - 11	0:15	8 Heats	48
16:57	15.	50m Butterfly	Boys	Timed Final	11 - 12	0:14	8 Heats	45
17:11	16.	100m Freestyle	Girls	Timed Final	10 - 11	0:29	11 Heats	63
17:40	17.	100m Freestyle	Boys	Timed Final	11 - 12	0:17	7 Heats	39
17:57	18.	4 x 50m Freestyle	Mixed	Timed Final	Open	0:15	4 Heats	23
18:12	Victory ceremonies							
18:12	End of session			Total duration		3:42		