

2022 Irish National Division 2 Competition (25m)

6th – 10th July 2022, Limerick - Programme of Events



Day 1 - Wed 6 th July 2022	Day 2 - Thu 7 th July 2022	Day 3 - Fri 8 th July 2022	Day 4 - Sat 9 th Jul 2022	Day 5 - Sun 10 th Jul 2022
Session 1 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 4 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 7 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 10 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 13 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845
Male 400m IM HDW Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW	Male 100m Freestyle Female 400m Freestyle HDW Male 50m Backstroke (15/Over Only) Female 50m Backstroke (15/Over Only) Male 200m IM Female 200m IM Male 1500m Freestyle HDW	Female 100m Freestyle Male 400m Freestyle HDW Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke (15/Over Only) Male 50m Breaststroke (15/Over Only) Female 100m Backstroke Male 100m Backstroke	Female 400m IM HDW Male 200m Backstroke Female 50m Butterfly (15/Over Only) Male 50m Butterfly (15/Over Only) Female 800m Freestyle HDW Male 800m Freestyle HDW
Day 1 - Wed 6 th July 2022	Day 2 - Thu 7 th July 2022	Day 3 - Fri 8 th July 2022	Day 4 - Sat 9 th Jul 2022	Day 5 - Sun 10 th Jul 2022
Session 2 Heats (12 yrs ; 13 yrs ; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 5 Heats (12 yrs ; 13 yrs ; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	Session 8 Heats (12 yrs ; 13 yrs ; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 11 Heats (12 yrs ; 13 yrs ; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 14 Heats (12 yrs ; 13 yrs ; 14 yrs) Female Warm Up 1045 – 1115 Male Warm Up 1115 – 1145 Start 1150
Male 400m IM HDW (13/14 Only) Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle Male 800m Freestyle HDW (13/14 Only) Female 13-14 years 200m Freestyle Relay HDW	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW (13/14 Only) Male 13-14 years 200m Freestyle Relay HDW	Male 100m Freestyle Female 400m Freestyle HDW Male 200m IM Female 200m IM Male 1500m Freestyle HDW (13/14 Only) Mixed 12 years 200m Medley Relay HDW Female 13-14 years 200m Medley Relay HDW	Male 400m Freestyle HDW Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m Backstroke Female 100m Backstroke Mixed 12 years 200m Freestyle Relay HDW Male 13-14 years 200m Medley Relay HDW	Female 400m IM HDW (13/14 Only) Male 200m Backstroke Mixed 13-14 years 200m Medley Relay HDW Female 800m Freestyle HDW (13/14 Only) Male 800m Freestyle HDW (13/14 Only)

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Session 3 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 6 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 9 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 12 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 15 Finals Mixed Warm Up 1445 – 1545 Start 1600
Female 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 15/Over 200m Freestyle Relay HDW	Female 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Mixed 15/Over 200m Mixed Medley Relay HDW	Male 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Backstroke (15/Over) Male 50m Backstroke (15/Over) Female 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 15/Over 200m Freestyle Relay HDW	Female 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Breaststroke (15/Over) Female 50m Breaststroke (15/Over) Male 100m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Butterfly (15/Over) Male 50m Butterfly (15/Over) Female 15/Over 200m Medley Relay HDW Male 15/Over 200m Medley Relay HDW