



**SWIM  
IRELAND**

## 2023 IRISH OPEN CHAMPIONSHIPS SESSION TIMES

| Day                                | Warm up<br>Mixed | Session          | Warm up<br>Mixed | Session         |
|------------------------------------|------------------|------------------|------------------|-----------------|
|                                    | <b>Heats</b>     |                  | <b>Finals</b>    |                 |
| <b>Saturday</b><br>1st April 2023  | 8.00am – 9.15am  | 9.30am – 11.30am | 3.30pm – 4.45pm  | 5.00pm – 7.00pm |
| <b>Sunday</b><br>2nd April 2023    | 8.00am – 9.15am  | 9.30am – 12.15pm | 3.30pm – 4.45pm  | 5.00pm – 7.00pm |
| <b>Monday</b><br>3rd April 2023    | 8.00am – 9.15am  | 9.30am – 11.30am | 3.30pm – 4.45pm  | 5.00pm – 7.00pm |
| <b>Tuesday</b><br>4th April 2023   | 8.00am – 9.15am  | 9.30am – 12.00pm | 3.30pm – 4.45pm  | 5.00pm – 7.00pm |
| <b>Wednesday</b><br>5th April 2023 | 8.00am – 9.15am  | 9.30am – 11.30am | 3.30pm – 4.45pm  | 5.00pm – 7.00pm |