

2022 Irish Summer National Championships (50m)

20th – 24th July 2022, Dublin - Programme of Events

| Day 1 - Wed 20 th July 2022 | Day 2 - Thu 21 st July 2022 | Day 3 - Fri 22 nd July 2022 | Day 4 - Sat 23 rd Jul 2022 | Day 5 - Sun 24 th Jul 2022 |
|---|---|---|--|--|
| Session 1 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845 | Session 4 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 | Session 7 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845 | Session 10 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 | Session 13 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 |
| Male 400m IM Female 200m Backstroke Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke | Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW | Male 100m Freestyle Female 400m Freestyle Male 50m Backstroke Female 50m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 1500m Freestyle HDW | Female 100m Freestyle Male 400m Freestyle Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke Male 50m Breaststroke Female 100m Backstroke Male 100m Backstroke | Female 400m IM Male 200m IM Female 50m Butterfly Male 50m Butterfly Female 800m Freestyle HDW Male 800m Freestyle HDW |
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| Session 2 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 | Session 5 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 | Session 8 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 | Session 11 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 | Session 14 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 |
| Male 400m IM (13 yrs HDW) Female 200m Backstroke Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 13/14 yrs 400m Freestyle Relay HDW Female 13/14 yrs 400m Freestyle Relay HDW | Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW Mixed 13/14 yrs 400m Mixed Medley Relay HDW | Male 100m Freestyle Female 400m Freestyle (13 yrs HDW) Male 200m Breaststroke Female 200m Breaststroke Male 1500m Freestyle HDW Male 13/14 yrs 400m Medley Relay HDW Female 13 yrs 800m Freestyle Relay HDW | Female 100m Freestyle Male 400m Freestyle (13 yrs HDW) Female 200m Butterfly Male 200m Butterfly Female 100m Backstroke Male 100m Backstroke Female 13/14 yrs 400m Medley Relay HDW Male 13/14 yrs 800m Freestyle Relay HDW | Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW Male 800m Freestyle HDW |

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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 1545 – 1645 Start 1700 |
| Male 400m IM (14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 200m Backstroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 200m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 200m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 100m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 100m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 15 yrs & Over 400m Freestyle Relay HDW Female 15 yrs & Over 400m Freestyle Relay HDW | Female 50m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 50m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 100m Butterfly (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 100m Butterfly (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 200m IM (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 200m Backstroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Mixed 15 yrs & Over 400m Mixed Medley Relay HDW | Male 100m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 400m Freestyle (14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 50m Backstroke (15 yrs & Over) Female 50m Backstroke (15 yrs & Over) Male 200m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 200m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 15 yrs & Over 800m Freestyle Relay HDW | Female 100m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 400m Freestyle (14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 200m Butterfly (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 200m Butterfly (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 50m Breaststroke (15 yrs & Over) Male 50m Breaststroke (15 yrs & Over) Female 100m Backstroke ((13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 100m Backstroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 15 yrs & Over 800m Freestyle Relay HDW | Male 200m IM (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) Female 400m IM (14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) Male 50m Butterfly (15 yrs & Over) Female 50m Butterfly (15 yrs & Over) Male 15 yrs & Over 400m Medley Relay HDW Female 15 yrs & Over 400m Medley Relay HDW |