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	Session 4 Heats	Session 7 Heats	Session 10 Heats	Session 13 Heats
(15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	(15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	(15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	(15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	(15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845
Male 400m IM HDW	Female 50m Freestyle	Male 100m Freestyle	Female 100m Freestyle	Female 400m IM HDW
Female 200m Backstroke	Male 50m Freestyle	Female 400m Freestyle HDW	Male 400m Freestyle HDW	Male 200m Backstroke
Male 100m Breaststroke	Female 100m Butterfly	Male 50m Backstroke (15/Over Only)	Female 200m Butterfly	Female 50m Butterfly (15/Over Only)
Female 100m Breaststroke	Male 100m Butterfly	Female 50m Backstroke (15/Over Only)	Male 200m Butterfly	Male 50m Butterfly (15/Over Only)
Male 200m Freestyle	Female 200m Breaststroke	Male 200m IM	Female 50m Breaststroke (15/Over Only)	Female 800m Freestyle HDW
Female 200m Freestyle	Male 200m Breaststroke	Female 200m IM	Male 50m Breaststroke (15/Over Only)	Male 800m Freestyle HDW
	Female 1500m Freestyle HDW	Male 1500m Freestyle HDW	Female 100m Backstroke	
			Male 100m Backstroke	
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	Session 5 Heats	Session 8 Heats	Session 11 Heats	Session 14 Heats
(12 yrs ; 13 yrs ; 14 yrs)	(12 yrs ; 13 yrs ; 14 yrs)	(12 yrs ; 13 yrs ; 14 yrs)	(12 yrs ; 13 yrs ; 14 yrs)	(12 yrs ; 13 yrs ; 14 yrs)
Male Warm Up 1115 – 1145	Female Warm Up 1115 – 1145	Male Warm Up 1115 – 1145	Male Warm Up 1115 – 1145	Female Warm Up 1045 – 1115
Female Warm Up 1145 – 1215	Male Warm Up 1145 – 1215	Female Warm Up 1145 – 1215	Female Warm Up 1145 – 1215	Male Warm Up 1115 – 1145
Start 1220	Start 1220	Start 1220	Start 1220	Start 1150
Male 400m IM HDW (13/14 Only)	Female 50m Freestyle	Male 100m Freestyle	Male 400m Freestyle HDW	Female 400m IM HDW (13/14 Only)
Female 200m Backstroke	Male 50m Freestyle	Female 400m Freestyle HDW	Female 100m Freestyle	Male 200m Backstroke
Male 100m Breaststroke	Female 100m Butterfly	Male 200m IM	Male 200m Butterfly	Mixed 13-14 years 200m Medley Relay
Female 100m Breaststroke	Male 100m Butterfly	Female 200m IM	Female 200m Butterfly	HDW
Male 200m Freestyle	Female 200m Breaststroke	Male 1500m Freestyle HDW (13/14 Only)	Male 100m Backstroke	Female 800m Freestyle HDW (13/14 Only)
Female 200m Freestyle	Male 200m Breaststroke	Mixed 12 years 200m Medley Relay	Female 100m Backstroke	Male 800m Freestyle HDW (13/14 Only)
Male 800m Freestyle HDW (13/14 Only) Female 13-14 years 200m Freestyle	Female 1500m Freestyle HDW (13/14 Only)	HDW Female 13-14 years 200m Medley Relay	Mixed 12 years 200m Freestyle Relay HDW	
Relay HDW	Male 13-14 years 200m Freestyle Relay HDW	HDW	Male 13-14 years 200m Medley Relay HDW	

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Session 3 Finals	Session 6 Finals	Session 9 Finals	Session 12 Finals	Session 15 Finals
Mixed Warm Up 1545 – 1645	Mixed Warm Up 1545 – 1645	Mixed Warm Up 1545 – 1645	Mixed Warm Up 1545 – 1645	Mixed Warm Up 1445 – 1545
Start 1700	Start 1700	Start 1700	Start 1700	Start 1600
Female 200m Backstroke (12 years; 13	Female 50m Freestyle (12 years; 13	Male 100m Freestyle (12 years; 13 years;	Female 100m Freestyle (12 years; 13	Male 200m Backstroke (12 years; 13
years; 14 years; 15 years; 16 years;	years; 14 years; 15 years; 16 years;	14 years; 15 years; 16 years; 17/Over)	years; 14 years; 15 years; 16 years;	years; 14 years; 15 years; 16 years;
17/Over)	17/Over)		17/Over)	17/Over)
		Female 50m Backstroke (15/Over)		
Male 100m Breaststroke (12 years; 13	Male 50m Freestyle (12 years; 13 years;		Male 200m Butterfly (12 years; 13 years;	Female 50m Butterfly (15/Over)
years; 14 years; 15 years; 16 years;	14 years; 15 years; 16 years; 17/Over)	Male 50m Backstroke (15/Over)	14 years; 15 years; 16 years; 17/Over)	
17/Over)				Male 50m Butterfly (15/Over)
5 1 400 5 11 140 40	Female 100m Butterfly (12 years; 13	Female 200m IM (12 years; 13 years; 14	Female 200m Butterfly (12 years; 13	5 45/0 200 14 5
Female 100m Breaststroke (12 years; 13	years; 14 years; 15 years; 16 years;	years; 15 years; 16 years; 17/Over)	years; 14 years; 15 years; 16 years;	Female 15/Over 200m Medley Relay
years; 14 years; 15 years; 16 years;	17/Over)	Nacle 200 to 184 /12 control 12 control 14	17/Over)	HDW
17/Over)	Male 100m Butterfly (12 years, 12 years)	Male 200m IM (12 years; 13 years; 14	Mala FOrm Dragstetraka (1F/Oyer)	Male 15 /Over 200m Medley Poley UDW
Male 200m Freestyle /12 years: 12 years:	Male 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	years; 15 years; 16 years; 17/Over)	Male 50m Breaststroke (15/Over)	Male 15/Over 200m Medley Relay HDW
Male 200m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	14 years, 13 years, 10 years, 17/0ver)	Female 15/Over 200m Freestyle Relay	Female 50m Breaststroke (15/Over)	
14 years, 15 years, 10 years, 17/0ver)	Female 200m Breaststroke (12 years; 13	HDW	Female 30111 Breaststroke (13/0ver)	
Female 200m Freestyle (12 years; 13	years; 14 years; 15 years; 16 years;	TID VV	Male 100m Backstroke (12 years; 13	
years; 14 years; 15 years; 16 years;	17/Over)		years; 14 years; 15 years; 16 years;	
17/Over)	27,000.7		17/Over)	
	Male 200m Breaststroke (12 years; 13		=1,0131,	
Male 15/Over 200m Freestyle Relay	years; 14 years; 15 years; 16 years;		Female 100m Backstroke (12 years; 13	
HDW	17/Over)		years; 14 years; 15 years; 16 years;	
			17/Over)	
	Mixed 15/Over 200m Mixed Medley			
	Relay HDW			