2022 Irish Summer National Championships (50m)

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



Day 1 - Wed 20 th July 2022	Day 2 - Thu 21st 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	Session 4 Heats	Session 7 Heats	Session 10 Heats	Session 13 Heats
(Male: 15 yrs; 16 yrs; 17/18 yrs;	(Male: 15 yrs; 16 yrs; 17/18 yrs;	(Male: 15 yrs; 16 yrs; 17/18 yrs;	(Male: 15 yrs; 16 yrs; 17/18 yrs;	(Male: 15 yrs; 16 yrs; 17/18 yrs;
19 yrs & Over)	19 yrs & Over)	19 yrs & Over)	19 yrs & Over)	19 yrs & Over)
(Female: 15 yrs; 16/17 yrs; 18 yrs	(Female: 15 yrs ; 16/17 yrs; 18	(Female: 15 yrs ; 16/17 yrs; 18	(Female: 15 yrs ; 16/17 yrs; 18	(Female: 15 yrs ; 16/17 yrs; 18
& Over)	yrs & Over)	yrs & Over)	yrs & Over)	yrs & Over)
Male Warm Up 0720 – 0800	Female Warm Up 0720 – 0800	Male Warm Up 0720 – 0800	Female Warm Up 0720 – 0800	Female Warm Up 0720 – 0800
Female Warm Up 0800 – 0840	Male Warm Up 0800 – 0840	Female Warm Up 0800 – 0840	Male Warm Up 0800 – 0840	Male Warm Up 0800 – 0840
Start 0845	Start 0845	Start 0845	Start 0845	Start 0845
Male 400m IM	Female 50m Freestyle	Male 100m Freestyle	Female 100m Freestyle	Female 400m IM
Female 200m Backstroke	Male 50m Freestyle	Female 400m Freestyle	Male 400m Freestyle	Male 200m IM
Male 200m Freestyle	Female 100m Butterfly	Male 50m Backstroke	Female 200m Butterfly	Female 50m Butterfly
Female 200m Freestyle	Male 100m Butterfly	Female 50m Backstroke	Male 200m Butterfly	Male 50m Butterfly
Male 100m Breaststroke	Female 200m IM	Male 200m Breaststroke	Female 50m Breaststroke	Female 800m Freestyle HDW
Female 100m Breaststroke	Male 200m Backstroke	Female 200m Breaststroke	Male 50m Breaststroke	Male 800m Freestyle HDW
	Female 1500m Freestyle HDW	Male 1500m Freestyle HDW	Female 100m Backstroke	
			Male 100m Backstroke	
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 2 Heats	Session 5 Heats	Session 8 Heats	Session 11 Heats	Session 14 Heats
	Session S meats	Session o neats	Session II nears	Session 14 nears
(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)
(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs)
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs)
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 400m IM (13 yrs HDW)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 100m Freestyle	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 100m Freestyle	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW)
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 400m IM (13 yrs HDW) Female 200m Backstroke	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle Male 50m Freestyle	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 100m Freestyle Female 400m Freestyle (13 yrs	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 100m Freestyle Male 400m Freestyle (13 yrs HDW)	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 400m IM (13 yrs HDW) Female 200m Backstroke Male 200m Freestyle	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 100m Freestyle Female 400m Freestyle (13 yrs HDW) Male 200m Breaststroke Female 200m Breaststroke	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 100m Freestyle Male 400m Freestyle (13 yrs HDW) Female 200m Butterfly	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 400m IM (13 yrs HDW) Female 200m Backstroke Male 200m Freestyle Female 200m Breaststroke Female 100m Breaststroke Female 100m Breaststroke	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 Male 100m Freestyle Female 400m Freestyle (13 yrs HDW) Male 200m Breaststroke Female 200m Breaststroke Male 1500m Freestyle HDW	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 100m Freestyle Male 400m Freestyle (13 yrs HDW) Female 200m Butterfly Male 200m Butterfly Female 100m Backstroke Male 100m Backstroke	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 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 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW
(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 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	(Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW

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