

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
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 (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

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