

Schedule Session No. 1 - Saturday morning

11.10.2025 - 8:30

Warmup: 7:30 until 8:20

8:30	1.	1500m Freestyle	All	Timed Final	20 +	3:02	7 Heats	54
11:32	Break 10 minutes							
11:42	3.	200m Backstroke	Women	Timed Final	20 +	0:16	3 Heats	21
11:58	4.	200m Backstroke	Men	Timed Final	20 +	0:19	4 Heats	28
12:17	5.	50m Breaststroke	Women	Timed Final	20 +	0:12	6 Heats	41
12:29	6.	50m Breaststroke	Men	Timed Final	20 +	0:12	7 Heats	51
12:41	End of session				Total duration	4:11		

Schedule Session No. 2 - Saturday afternoon

11.10.2025 - 14:00

Warmup: 13:00 until 13:50

14:00	7.	50m Backstroke	Women	Timed Final	20 +	0:11	5 Heats	39
14:11	8.	50m Backstroke	Men	Timed Final	20 +	0:10	5 Heats	36
14:21	9.	4 x 50m Medley	Women	Timed Final	80 - 359	0:04	1 Heat	7
14:25	10.	4 x 50m Medley	Men	Timed Final	80 - 359	0:08	2 Heats	9
14:33	11.	100m Freestyle	Women	Timed Final	20 +	0:16	6 Heats	43
14:49	12.	100m Freestyle	Men	Timed Final	20 +	0:23	10 Heats	77
15:12	13.	400m Medley	Women	Timed Final	20 +	0:17	2 Heats	12
15:29	14.	400m Medley	Men	Timed Final	20 +	0:19	2 Heats	15
15:48	15.	100m Butterfly	Women	Timed Final	20 +	0:06	2 Heats	9
15:54	16.	100m Butterfly	Men	Timed Final	20 +	0:07	3 Heats	23
16:01	Break 15 minutes							
16:16	17.	4 x 50m Medley	Mixed	Timed Final	80 - 359	0:12	3 Heats	23
16:28	18.	200m Breaststroke	Women	Timed Final	20 +	0:20	4 Heats	26
16:48	19.	200m Breaststroke	Men	Timed Final	20 +	0:19	4 Heats	30
17:07	20.	400m Freestyle	All	Timed Final	20 +	1:24	11 Heats	83
18:31	End of session				Total duration	4:31		

Schedule Session No. 3 - Sunday morning

12.10.2025 - 9:00

Warmup: 8:00 until 8:50

9:00	22.	800m Freestyle	All	Timed Final	20 +	1:58	8 Heats	63
10:58	Break 10 minutes							
11:08	24.	4 x 50m Freestyle	Women	Timed Final	80 - 359	0:03	1 Heat	6
11:11	25.	4 x 50m Freestyle	Men	Timed Final	80 - 359	0:07	2 Heats	9
11:18	26.	100m Backstroke	Women	Timed Final	20 +	0:12	4 Heats	27
11:30	27.	100m Backstroke	Men	Timed Final	20 +	0:11	4 Heats	25
11:41	28.	200m Medley	Women	Timed Final	20 +	0:19	4 Heats	27
12:00	29.	200m Medley	Men	Timed Final	20 +	0:24	5 Heats	37
12:24	30.	50m Butterfly	Women	Timed Final	20 +	0:07	4 Heats	31
12:31	31.	50m Butterfly	Men	Timed Final	20 +	0:11	7 Heats	50
12:42	End of session				Total duration	3:42		

Schedule Session No. 4 - Sunday afternoon

12.10.2025 - 14:00

Warmup: 13:00 until 13:50

14:00	32.	50m Freestyle	Women	Timed Final	20 +	0:13	8 Heats	63
14:13	33.	50m Freestyle	Men	Timed Final	20 +	0:16	10 Heats	76
14:29	34.	200m Butterfly	Women	Timed Final	20 +	0:09	2 Heats	9
14:38	35.	200m Butterfly	Men	Timed Final	20 +	0:10	2 Heats	12
14:48	36.	100m Breaststroke	Women	Timed Final	20 +	0:12	4 Heats	27
15:00	37.	100m Breaststroke	Men	Timed Final	20 +	0:15	6 Heats	44
15:15	38.	200m Freestyle	Women	Timed Final	20 +	0:18	4 Heats	30
15:33	39.	200m Freestyle	Men	Timed Final	20 +	0:20	5 Heats	38
15:53	40.	4 x 50m Freestyle	Mixed	Timed Final	80 - 359	0:11	3 Heats	19
16:04	End of session				Total duration	2:04		