

Friday December 6				Saturday December 7				Sunday December 8			
WarmUp	Time	Event	Heats	WarmUp	Time	Event	Heats	WarmUp	Time	Event	Heats
P1	10:45	Warming UP (Indoor Pool P1)		P1	8:15	Warming UP (Indoor Pool P1)		P1	8:15	Warming UP (Indoor Pool P1)	
	12:00	400Medley G (H2)	1		9:30	400 Free G (H4-2)	3		9:30	800 Free G (H2)	1
P4	12:06	400Medley B (H2)	1	P4	9:46	400 Free B (H4-2)	3	P4 / P3	9:41	800 Free B (H2)	1
P4	12:11	100 Fly G	7	P4	10:03	100 Back G	12	P4 / P3	9:52	50 Breast G	19
P4	12:25	100 Fly B	13	P4	10:29	100 Back B	11	P4 / P3	10:17	50 Breast B	15
P4	12:51	100 Breast G	10	P4	10:52	200Medley G	14	P4 / P3	10:37	200 Fly G	1
P4	13:13	100 Breast B	11	P4	11:39	200Medley B	15	P4 / P3	10:40	200 Fly B	4
P4	13:37	200 Free G	23	P4	12:29	200 Breast G	6	P4 / P3	10:54	200Back G	9
P4	14:53	200 Free B	24	P4	12:49	200 Breast B	8	P4 / P3	11:24	200 Back B	8
P4	16:13	50 Back G	14	P4	13:16	50Fly G	22	P4 / P3	11:50	100 Free G	46
P4	16:34	50 Back B	12	P4	13:41	50 Fly B	24	P4 / P3	13:22	100 Free B	48
P4	16:52	Session End		P4	14:09	50 Free G	35	P4 / P3	14:58	Session End	
					14:50	50 Free B	37				
					15:33	Session End					
	17:00	Warming UP (Indoor Pool P1)		15:45	Warming UP (Indoor Pool P1)			15:00	Warming UP (Indoor Pool P1)		
P4	18:00	50 Back G (H3-1)	3		17:00	Para-Swimming Event		P4 / P3	16:00	100 Free G (H3-1)	3
P4	18:04	50 Back B (H3-1)	3	P4	17:15	50 Free G (H3-1)	3	P4 / P3	16:06	100 Free B (H3-1)	3
P4	18:09	100 Fly G (H3-1)	3	P4	17:18	50 Free B (H3-1)	3	P4 / P3	16:12	50 Breast G (H3-1)	3
P4	18:15	100 Fly B (H3-1)	3	P4	17:22	100 Back G (H3-1)	3	P4 / P3	16:16	50 Breast B (H3-1)	3
P4	18:21	100 Breast G (H3-1)	3	P4	17:28	100 Back B (H3-1)	3	P4 / P3	16:21	200 Fly G (H3-1)	3
P4	18:27	100 Breast B (H3-1)	3	P4	17:35	200 Medl. G (H3-1)	3	P4 / P3	16:31	200 Fly B (H3-1)	3
P4	18:34	200 Free G (H3-1)	3	P4 / P3	17:45	200 Medl. B (H3-1)	3	P4 / P3	16:41	200 Back G (H3-1)	3
P4	18:44	200 Free B (H3-1)	3	P4 / P3	17:55	200 Breast G (H3-1)	3	P4 / P3	16:51	200 Back B (H3-1)	3
	18:54	400Medley G (H1)	1	P4 / P3	18:05	200 Breast B (H3-1)	3	P4 / P3	17:01	800 Free G (H1)	1
	19:00	400Medley B (H1)	1	P4 / P3	18:15	400 Free G (H1)	1		17:12	800 Free B (H1)	1
	19:05	Session End		P4 / P3	18:21	400 Free B (H1)	1		17:23	Session End	
					18:26	50 Fly G (H3-1)	3				
					18:30	50 Fly B (H3-1)	3				

ΤΟ ΩΡΟΛΟΓΙΟ ΠΡΟΓΡΑΜΜΑ ΕΙΝΑΙ ΕΝΔΕΙΚΤΙΚΟ - ΕΝΔΕΧΕΤΑΙ ΝΑ ΥΠΑΡΧΟΥΝ ΑΠΟΚΛΙΣΕΙΣ