MORNING

1	2	3	4	5	6	7	8	9	10	11
Thursday 11/08/2022	Friday 12/08/2022	Saturday 13/08/2022	Sunday 14/08/2022	Monday 15/08/2022	Tuesday 16/08/2022	Wednesday 17/08/2022	Thursday 18/08/2022	Friday 19/08/2022	Saturday 20/08/2022	Sunday 21/08/2022
SWIMMING 09:00 - 12:00	SWIMMING 09:00 - 12:00	SWIMMING 09:00 - 12:00	SWIMMING 09:00 - 12:00	SWIMMING 09:00 - 12:00	SWIMMING 09:00 - 11:15	SWIMMING 09:00 - 11:00	DIVING 10:00 - 12:30	DIVING 10:00 - 12:00	DIVING 10:00 - 12:30	DIVING 10:00 - 12:00
M - 50 Butterfly H	W - 50 Butterfly H	W - 200 Freestyle H	M - 200 Freestyle H	W - 50 Freestyle H	M - 50 Freestyle H	W - 400 Freestyle H	10:00 | M - 1m Springboard P	10:00 | W - 3m Springboard P	10:00 | M - 3m Springboard P	10:00 | M - 10m Platform P
W - 100 Freestyle H	M - 100 Freestyle H	M - 100 Butterfly H	W - 100 Butterfly H	M - 50 Breaststroke H	W - 200 Butterfly H	M - 400 Freestyle H	OPEN WATER 09:00 - 13:00	OPEN WATER 09:00 - 13:00	OPEN WATER 07:00 - 12:00	OPEN WATER 09:00 - 12:00
M - 400 Individual Medley H	W - 100 Breaststroke H	W - 50 Backstroke H	M - 50 Backstroke H	W - 100 Backstroke H	M - 100 Backstroke H	W - 4x100 Medley Relay H	09:00 | W - 10 Km F	09:00 | M - 10 Km F	07:00 | W, M - 25 Km F	09:00 | Team Event 5 Km F
W - 200 Backstroke H	M - 200 Backstroke H	M - 200 Breaststroke H	W - 200 Breaststroke H	M - 200 Butterfly H	W - 50 Breaststroke H	M - 4x100 Medley Relay H	11:45 | M - 5 Km F	11:45 | W - 5 Km F	11:30 | W, M - 25 Km C	11:00 | Team Event - 25 Km C
M - 100 Breaststroke H	MX - 4x100 Medley Relay H	W - 400 Individual Medley H	M - 4x100 Freestyle Relay H	W - 200 Individual Medley H	M - 200 Individual Medley H	DIVING 12:00 - 16:30	12:30 | W - 10 Km, M - 5 Km C	12:30 | M - 10 Km, W - 5 Km C		
W - 4x200 Freestyle Relay H	M - 800 Freestyle H	W - 4x100 Freestyle Relay H	W - 1500 Freestyle H	X - 4x100 Freestyle Relay H	MX - 4x200 Freestyle Relay H	12:00 | W - 10m P				
M - 4x200 Freestyle Relay H	ARTISTIC SWIMMING 09:30 - 11:15	ARTISTIC SWIMMING 09:30 - 10:30	ARTISTIC SWIMMING 09:30 - 11:30	M - 1500 Freestyle H	DIVING 12:00 - 16:30	13:50 | MX - 3m Synchro F				
W - 800 Freestyle H	09:30 | W - Duet Free P	09:30 | Team Free P	09:30 | W - Solo Free F	ARTISTIC SWIMMING 09:30 - 11:15	12:00 | W - 1m Springboard P	14:57 | W - 10m Platform F				
ARTISTIC SWIMMING 09:30 - 11:15			10:30 | M - Solo Free F	09:30 | W - Duet Technical F	14:10 | MX - 10m Synchro F	16:02 | MX - 3m Synchro C				
09:30 | W - Solo Free P			10:55 | W - Solo Free C	10.30 | MX - Duet Technical F	15:10 | W - 1m Springboard F	16:08 | W - 10m Platform C				
			11:02 | M - Solo Free C	11:00 | W - Duet Technical C	16:10 | MX - 10m Synchro C					
				11:06 | MX - Duet Technical C	16:17 | W - 1m Springboard C					
				DIVING 13:00 - 14:30						
				13:00 | MX - 3m/10m Team Event F						
				14:00 | MX - 3m/10m Team Event C						

AFTERNOON-EVENING

11/08/2022	12/08/2022	13/08/2022	14/08/2022	15/08/2022	16/08/2022	17/08/2022	18/08/2022	19/08/2022	20/08/2022	21/08/2022
ARTISTIC SWIMMING 15:00 - 16:30	ARTISTIC SWIMMING 15:00 - 18:00	ARTISTIC SWIMMING 15:00 - 17:00	ARTISTIC SWIMMING 15:00 - 16:00	ARTISTIC SWIMMING 15:00 - 18:00	SWIMMING 18:00 - 20:37	SWIMMING 18:00 - 20:13	DIVING 15:30 - 18:00	DIVING 15:30 - 18:00	DIVING 15:30 - 18:00	DIVING 15:45 - 19:00
15:00 | Team Technical F	15:00 | W - Solo Technical F	15:00 | W - Duet Free F	15:00 | Free Combination F	15:00 | Team Free F	18:00 | M - 200 Butterfly F	18:00 | M - 50 Freestyle F	15:30 | W - 3m Synchro F	15:30 | M - 10m Synchro F	15:30 | W - 10m Synchro F	15:45 | M - 3m Synchro F
16:00 | Team Technical C	16:30 | M - Solo Technical F	16:10 | MX - Duet Free F	15:50 | Free Combination C	16:05 | Team Free C	18:07 | W - 50 Freestyle F	18:05 | W - 50 Breaststroke F	16:40 | M - 1m Springboard F	16:45 | W - 3m Springboard F	16:37 | M - 3m Springboard F	17:25 | M - 10m Platform F
17:15 | OPENING CEREMONY EUROPEAN AQUATICS ROMA 2022 C	17:00 | Highlights F	16:40| W - Duet Free C	SWIMMING 18:00 - 19:46	16:45 | Gala Show Event	18:12 | M - 50 Breaststroke F	18:10 | M - 100 Backstroke F	17:51 | W - 3m Synchro C	17:45 | M - 10m Synchro C	17:47 | W - 10m Synchro C	18:36 | M - 3m Synchro C
SWIMMING 18:00 - 19:35	17:40 | M - Solo Technical C	16:47 | MX - Duet Free C	18:00 | M - 100 Butterfly F	SWIMMING 18:00 - 20:20	18:17 | W - 200 Individual Medley F	18:16 | W - 200 Butterfly F	17:56 | M - 1m Springboard C	17:51 | W - 3m Springboard C	17:53 | M - 3m Springboard C	18:42 | M - 10m Platform C
18:00 | M - 50 Butterfly SF	17:46 | W - Solo Technical C	SWIMMING 18:00 - 20:19	18:06 | W - 50 Backstroke F	18:00 | W - 100 Butterfly F	18:24 | M - 50 Freestyle SF	18:23 | M - 50 Freestyle C	HIGH DIVING 18:00 - 19:00	HIGH DIVING 18:00 - 19:00	HIGH DIVING 18:00 - 19:00	HD NATIONS CUP 14:00 - 16:00
18:07 | W - 100 Freestyle SF	17:52 | Highlights C	18:00 | W - 200 Freestyle SF	18:11 | M - 200 Freestyle SF	18:06 | M - 200 Freestyle F	18:31 | W - 50 Breaststroke SF	18:30 | W - 50 Breaststroke C	W - 1 Required Dive	W - 1 Intermediate Dive	M - 1 Intermediate Dive	14:00 | 1st Nations Cup F
18:16 | M - 400 Individual Medley F	SWIMMING 18:00 - 20:05	18:10 | M - 200 Backstroke F	18:21 | W - 100 Butterfly SF	18:13 | W - 200 Breaststroke F	18:38 | M - 200 Butterfly C	18:37 | M - 200 Individual Medley F	M - 1 Required Dive	M - 1 Optional Dive	M - 1 Optional Dive F	15:30 | Award Ceremony
18:25 | W - 200 Backstroke SF	18:00 | W - 200 Backstroke F	18:17 | W - 50 Butterfly F	18:30 | M - 50 Backstroke SF	18:20 | W - 100 Backstroke SF	18:45 | W - 50 Freestyle C	18:44 | W - 400 Freestyle F	W - 1 Optional Dive	W - 1 Optional Dive F	M - High Diving C	
18:35 | M - 100 Breaststroke SF	18:07 | M - 50 Butterfly F	18:22 | M - 100 Freestyle F	18:37 | W - 200 Breaststroke SF	18:29 | M - 50 Breaststroke SF	18:52 | M - 1500 Freestyle F	18:53 | M - 400 Freestyle F		W - High Diving C		
18:44 | M - 400 Individual Medley C	18:12 | W - 100 Freestyle F	18:28 | W - 100 Breaststroke F	18:47 | M - 100 Butterfly C	18:36 | M - 200 Freestyle C	19:12 | M - 50 Breaststroke C	19:02 | M - 100 Backstroke C				
18:51 | W - 4x200 Freestyle Relay F	18:18 | M - 100 Breaststroke F	18:34 | M - 100 Butterfly SF	18:54 | W - 50 Backstroke C	18:43 | W - 200 Breaststroke C	19:19 | W - 200 Individual Medley C	19:09 | W - 200 Butterfly C				
19:04 | M - 4x200 Freestyle Relay F	18:24 | W - 100 Breaststroke SF	18:43 | M - 200 Backstroke C	19:01 | M - 200 Breaststroke F	18:50 | W - 50 Freestyle SF	19:26 | W - 200 Butterfly SF	19:16 | W - 4x100 Medley Relay F				
19:17 | W - 4x200 Freestyle Relay C	18:33 | M - 100 Freestyle SF	18:50 | W - 50 Butterfly C	19:08 | W - 200 Freestyle F	18:57 | M - 200 Butterfly SF	19:36 | M - 200 Individual Medley SF	19:25 | M - 4x100 Medley Relay F				
19:26 | M - 4x200 Freestyle Relay C	18:42 | W - 50 Butterfly SF	18:57 | W - 50 Backstroke SF	19:15 | M - 4x100 Freestyle Relay F	19:07 | W - 200 Individual Medley SF	19:46 | W - 100 Backstroke F	19:34 | M - 200 Individual Medley C				
	18:49 | M - 200 Backstroke SF	19:04 | M - 200 Breaststroke SF	19:23 | M - 200 Breaststroke C	19:17 | W - 100 Butterfly C	19:52 | M - 100 Backstroke SF	19:41 | W - 400 Freestyle C				
	18:59 | W - 200 Backstroke C	19:14 | M - 100 Freestyle C	19:30 | W - 200 Freestyle C	19:24 | M - 50 Backstroke F	20:01 | MX - 4x200 Freestyle Relay F	19:48 | M - 400 Freestyle C				
	19:06 | M - 50 Butterfly C	19:21 | W - 100 Breaststroke C	19:37 | M - 4x100 Freestyle Relay C	19:29 | W - 1500 Freestyle F	20:14 | M - 1500 Freestyle C	19:55 | W - 4x100 Medley Relay C				
	19:13 | W - 100 Freestyle C	19:28 | W - 400 Individual Medley F		19:49 | MX - 4x100 Freestyle Relay F	20:21 | W - 100 Backstroke C	20:04 | M - 4x100 Medley Relay C				
	19:20 | M - 100 Breaststroke C	19:37 | M - 800 Freestyle F		19:57 | M - 50 Backstroke C	20:28 | MX 4x200 Freestyle Relay C					
	19:27 | W - 800 Freestyle F	19:50 | W - 4x100 Freestyle Relay F		20:04 | W - 1500 Freestyle C						
	19:40 | MX - 4x100 Medley Relay F	19:58 | W - 400 Individual Medley C		20:11 | MX - 4x100 Freestyle Relay C						
	19:49 | W - 800 Freestyle C	20:05 | M - 800 Freestyle C								
	19:56 | MX - 4x100 Medley Relay C	20:12 | W - 4x100 Freestyle Relay C								

LEGEND

- SWIMMING
- OPEN WATER
- ARTISTIC SWIMMING
- HIGH DIVING
- DIVING
- HIGH DIVING NATIONS CUP

W = WOMEN M = MEN MX = MIXED
H = HEATS P = PRELIMINARY SF = SEMIFINALS C = MEDAL CEREMONY
F FINAL C OPENING CEREMONY STADIO DEL NUOTO
LOCAL TIME, DISTANCES IN METRES.

SPORT

SWIMMING 11-17 AUGUST
STADIO DEL NUOTO, PARCO DEL FORO ITALICO

ARTISTIC SWIMMING 11-15 AUGUST
STADIO NICOLA PIETRANGELI, PARCO DEL FORO ITALICO

DIVING 15-21 AUGUST
STADIO DEL NUOTO, PARCO DEL FORO ITALICO

OPEN WATER 18-21 AUGUST
SPIAGGIA LIBERA SPQR, LIDO DI OSTIA

HIGH DIVING 18-20 AUGUST
CAMPI 1-2 CIRCOLO DEL TENNIS, PARCO DEL FORO ITALICO

HIGH DIVING NATIONS CUP 21 AUGUST
CAMPI 1-2 CIRCOLO DEL TENNIS, PARCO DEL FORO ITALICO
EXTRA-EUROPEAN DISCIPLINE

LEN european aquatics | EUROPEAN AQUATICS ROMA 2022 | FIN FEDERAZIONE ITALIANA NUOTO

PRESENTED BY UnipolSai ASSICURAZIONI