



SWIMMING - MASTERS

28 AGOSTO - 4 SETTEMBRE

STADIO DEL NUOTO - PARCO DEL FORO ITALICO, ROMA

UNIPOL BLUSTADIUM PIETRALATA - ROMA



DAY	1	2	3	4	5	6	7	8
	28/08/2022	29/08/2022	30/08/2022	31/08/2022	01/09/2022	02/09/2022	03/09/2022	04/09/2022
VENUES - RACE	STADIO NUOTO Morning	STADIO NUOTO morning	STADIO NUOTO morning	STADIO NUOTO morning	STADIO NUOTO morning	STADIO NUOTO morning	STADIO NUOTO morning	STADIO NUOTO morning
	09.30 Warm Up 10.30 W- 800 Freestyle*	08.30 Warm Up 09.30 M - 400 Freestyle	08.30 Warm Up 09.30 W-100 Breaststroke W - 50 Backstroke	08.30 Warm Up 09.30 M - 200 Freestyle	08.30 Warm Up 09.30 W - 200 Breaststroke W - 50 Butterfly	08.30 Warm Up 09.30 M - 200 Butterfly M - 50 Breaststroke	08.30 Warm Up 09.30 W-4x50FreestyleRelay M - 4x50 Freestyle Relay	08.30 Warm Up 09.30 M - 100 Freestyle
	STADIO NUOTO Afternoon	STADIO NUOTO Afternoon	STADIO NUOTO Afternoon	STADIO NUOTO Afternoon	STADIO NUOTO Afternoon	STADIO NUOTO Afternoon	X - 4x50 Medley Relay X - 4x50 Freestyle Relay	STADIO NUOTO Afternoon
		15.00 Warm Up 16.00 M - 100 Butterfly	15.00 Warm Up 16.00 W - 400 Ind. Medley	15.00 Warm Up 16.00 M - 200 Ind. Medley	15.00 Warm Up 16.00 W - 200 Backstroke W - 4x50 Medley Relay	15.00 Warm Up 16.00 M - 100 Backstroke M - 50 Freestyle		
	UNIPOL PIETRALATA Morning	UNIPOL PIETRALATA Morning	UNIPOL PIETRALATA Morning	UNIPOL PIETRALATA Morning	UNIPOL PIETRALATA Morning	UNIPOL PIETRALATA Morning		UNIPOL PIETRALATA Morning
	09.30 Warm Up 10.30 M - 800 Freestyle*	08.30 Warm Up 09.30 W - 400 Freestyle	08.30 Warm Up 09.30 M-100 Breaststroke M - 50 Backstroke	08.30 Warm Up 09.30 W - 200 Freestyle	08.30 Warm Up 09.30 M - 200 Breaststroke M - 50 Butterfly	08.30 Warm Up 09.30 W - 200 Butterfly W - 50 Breaststroke		08.30 Warm Up 09.30 W - 100 Freestyle
	UNIPOL PIETRALATA Afternoon	UNIPOL PIETRALATA Afternoon	UNIPOL PIETRALATA Afternoon	UNIPOL PIETRALATA Afternoon	UNIPOL PIETRALATA Afternoon	UNIPOL PIETRALATA Afternoon		UNIPOL PIETRALATA Afternoon
		15.00 Warm Up 16.00 W - 100 Butterfly	15.00 Warm Up 16.00 M - 400 Ind. Medley	15.00 Warm Up 16.00 W - 200 Ind. Medley	15.00 Warm Up 16.00 M - 200 Backstroke M - 4x50 Medley Relay	15.00 Warm Up 16.00 W - 100 Backstroke W - 50 Freestyle		

LOCAL TIME
DISTANCES IN METRES
TIMING VERSION - 1.5

W - WOMEN
M - MEN
X - MIXED

•THE AWARD CEREMONY WILL TAKE PLACE AFTER EACH EVENT
•DETAILED COMPETITION SCHEDULES WILL BE PUBLISHED AFTER FINALISING THE HEATS
•THE COMPETITION VENUE OPENS 30 MINUTES BEFORE THE WARM-UP START IN THE MORNING
*NO STOP RACE