



SWIMMING

11 - 17 AUGUST 2022

STADIO DEL NUOTO - PARCO FORO ITALICO ROMA



DAY	1	2	3	4	5	6	7
	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
RACE	MORNING 09.00 - 12.00	MORNING 09.00 - 12.00	MORNING 09.00 - 12.00	MORNING 09.00 - 12.00	MORNING 09.00 - 12.00	MORNING 09.00 - 11.15	MORNING 09.00 - 11.00
	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
	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
	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
	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
	M - 100 Breaststroke H	X - 4x100 Medley Relay H	W - 400 Individual Medley H	M - 4x100 Freestyle Relay H	W - 200 Individual Medley H	M - 200 Individual Medley H	EVENING 18.00 - 20.13
	W - 4x200 Freestyle Relay H	M - 800 Freestyle H	W - 4x100 Freestyle Relay H	W - 1500 Freestyle H	X - 4x100 Freestyle Relay H	X - 4x200 Freestyle Relay H	18.00 M - 50 Freestyle F
	M - 4x200 Freestyle Relay H	EVENING 18.00 - 20.05	EVENING 18.00 - 20.19	EVENING 18.00 - 19.46	M - 1500 Freestyle H	EVENING 18.00 - 20.37	18.05 W - 50 Breaststroke F
	W - 800 Freestyle H	18.00 W - 200 Backstroke F	18.00 W - 200 Freestyle SF	18.00 M - 100 Butterfly F	EVENING 18.00 - 20.20	18.00 M - 200 Butterfly F	18.10 M - 100 Backstroke F
	EVENING 17.15 - 19.35	18.07 M - 50 Butterfly F	18.10 M - 200 Backstroke F	18.06 W - 50 Backstroke F	18.00 W - 100 Butterfly F	18.07 W - 50 Freestyle F	18.16 W - 200 Butterfly F
17.15 OPENING CEREMONY EUROPEAN AQUATICS ROMA 2022	18.12 W - 100 Freestyle F	18.17 W - 50 Butterfly F	18.11 M - 200 Freestyle SF	18.06 M - 200 Freestyle F	18.12 M - 50 Breaststroke F	18.23 M - 50 Freestyle C	
18.00 M - 50 Butterfly SF	18.18 M - 100 Breaststroke F	18.22 M - 100 Freestyle F	18.21 W - 100 Butterfly SF	18.13 W - 200 Breaststroke F	18.17 W - 200 Individual Medley F	18.30 W - 50 Breaststroke C	
18.07 W - 100 Freestyle SF	18.24 W - 100 Breaststroke SF	18.28 W - 100 Breaststroke F	18.30 M - 50 Backstroke SF	18.20 W - 100 Backstroke SF	18.24 M - 50 Freestyle SF	18.37 M - 200 Individual Medley F	
18.16 M - 400 Individual Medley F	18.33 M - 100 Freestyle SF	18.34 M - 100 Butterfly SF	18.37 W - 200 Breaststroke SF	18.29 M - 50 Breaststroke SF	18.31 W - 50 Breaststroke SF	18.44 W - 400 Freestyle F	
18.25 W - 200 Backstroke SF	18.42 W - 50 Butterfly SF	18.43 M - 200 Backstroke C	18.47 M - 100 Butterfly C	18.36 M - 200 Freestyle C	18.38 M - 200 Butterfly C	18.53 M - 400 Freestyle F	
18.35 M - 100 Breaststroke SF	18.49 M - 200 Backstroke SF	18.50 W - 50 Butterfly C	18.54 W - 50 Backstroke C	18.43 W - 200 Breaststroke C	18.45 W - 50 Freestyle C	19.02 M - 100 Backstroke C	
18.44 M - 400 Individual Medley C	18.59 W - 200 Backstroke C	18.57 W - 50 Backstroke SF	19.01 M - 200 Breaststroke F	18.50 W - 50 Freestyle SF	18.52 M - 1500 Freestyle F	19.09 W - 200 Butterfly C	
18.51 W - 4x200 Freestyle Relay F	19.06 M - 50 Butterfly C	19.04 M - 200 Breaststroke SF	19.08 W - 200 Freestyle F	18.57 M - 200 Butterfly SF	19.12 M - 50 Breaststroke C	19.16 W - 4x100 Medley Relay F	
19.04 M - 4x200 Freestyle Relay F	19.13 W - 100 Freestyle C	19.14 M - 100 Freestyle C	19.15 M - 4x100 Freestyle Relay F	19.07 W - 200 Individual Medley SF	19.19 W - 200 Individual Medley C	19.25 M - 4x100 Medley Relay F	
19.17 W - 4x200 Freestyle Relay C	19.20 M - 100 Breaststroke C	19.21 W - 100 Breaststroke C	19.23 M - 200 Breaststroke C	19.17 W - 100 Butterfly C	19.26 W - 200 Butterfly SF	19.34 M - 200 Individual Medley C	
19.26 M - 4x200 Freestyle Relay C	19.27 W - 800 Freestyle F	19.28 W - 400 Individual Medley F	19.30 W - 200 Freestyle C	19.24 M - 50 Backstroke F	19.36 M - 200 Individual Medley SF	19.41 W - 400 Freestyle C	
	19.40 X - 4x100 Medley Relay F	19.37 M - 800 Freestyle F	19.37 M - 4x100 Freestyle Relay C	19.29 W - 1500 Freestyle F	19.46 W - 100 Backstroke F	19.48 M - 400 Freestyle C	
	19.49 W - 800 Freestyle C	19.50 W - 4x100 Freestyle Relay F		19.49 X - 4x100 Freestyle Relay F	19.52 M - 100 Backstroke SF	19.55 W - 4x100 Medley Relay C	
	19.56 X - 4x100 Medley Relay C	19.58 W - 400 Individual Medley C		19.57 M - 50 Backstroke C	20.01 X - 4x200 Freestyle Relay F	20.04 M - 4x100 Medley Relay C	
		20.05 M - 800 Freestyle C		20.04 W - 1500 Freestyle C	20.14 M - 1500 Freestyle C		
		20.12 W - 4x100 Freestyle Relay C		20.11 X - 4x100 Freestyle Relay C	20.21 W - 100 Backstroke C		
					20.28 X 4x200 Freestyle Relay C		

LOCAL TIME
DISTANCES IN METRES
TIMING VERSION - 1.4

W - WOMEN
M - MEN
X - MIXED

H - HEATS
SF - SEMI-FINALS
C - MEDAL CEREMONY
F - FINAL