

## EVENT PROGRAM

## GREEK NATIONAL WINTER SWIMMING CHAMPIONSHIP 2023, ALEXANDROUPOLI 17-19.2.2023

## 1st session - Friday 17.2.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time	
Prelims		Start: 09.30						
101.	200m.	FREESTYLE	M	47	6	17'	09.30	
102.	200m.	FREESTYLE	W	29	4	11'	09.47	
103.	50m.	BACKSTROKE	M	40	5	6'	09.58	
104.	50m.	BACKSTROKE	W	35	5	6'	10.04	
105.	50m.	BREASTSTROKE	M	40	5	6'	10.10	
106.	50m.	BREASTSTROKE	W	48	6	8'	10.16	
107.	100m.	BUTTERFLY	M	43	6	9'	10.24	
108.	100m.	BUTTERFLY	W	31	4	7'	10.33	
109.	200m.	IND. MEDLEY	M	25	4	12'	10.40	
110.	200m.	IND. MEDLEY	W	26	4	13'	10.52	
111.	4X100m.	MIX. MEDLEY REL.	M / W		2*	12'	11.05	
Medal ceremony 111							3'	11.22
				364	51	107'	11.25	

Warm up: 14.30 - 15.20				Entr.	Heats	Dur.	Time	
Final Heats		Start: 15.30						
112.	1500m.	FREESTYLE	M	18	2	38'	15.30	
113.	1500m.	FREESTYLE	W	17	2	40'	16.08	
Medal ceremony 112 - 113							4'	17.54
				35	4	78'	16.48	

## 2nd session - Friday 17.2.2023

Warm up: 16.50 - 17.50				Entr.	Heats	Dur.	Time	
A' & B' Finals		Start: 18.00						
201.	200m.	FREESTYLE	M	8	B'	5'	18.00	
202.	200m.	FREESTYLE	M	8	A'	6'	18.05	
203.	200m.	FREESTYLE	W	8	B'	5'	18.11	
204.	200m.	FREESTYLE	W	8	A'	6'	18.16	
205.	50m.	BACKSTROKE	M	8	B'	3'	18.22	
206.	50m.	BACKSTROKE	M	8	A'	4'	18.25	
207.	50m.	BACKSTROKE	W	8	B'	3'	18.29	
208.	50m.	BACKSTROKE	W	8	A'	4'	18.32	
Medal ceremony 202 - 204							4'	18.36
209.	50m.	BREASTSTROKE	M	8	B'	3'	18.40	
210.	50m.	BREASTSTROKE	M	8	A'	4'	18.43	
211.	50m.	BREASTSTROKE	W	8	B'	3'	18.47	
212.	50m.	BREASTSTROKE	W	8	A'	4'	18.50	
Medal ceremony 206 - 208							4'	18.54
213.	100m.	BUTTERFLY	M	8	B'	4'	18.58	
214.	100m.	BUTTERFLY	M	8	A'	5'	19.02	
215.	100m.	BUTTERFLY	W	8	B'	4'	19.07	
216.	100m.	BUTTERFLY	W	8	A'	5'	19.11	
Medal ceremony 210 - 212							4'	19.16
217.	200m.	IND. MEDLEY	M	8	B'	5'	19.20	
218.	200m.	IND. MEDLEY	M	8	A'	6'	19.25	
219.	200m.	IND. MEDLEY	W	8	B'	5'	19.31	
220.	200m.	IND. MEDLEY	W	8	A'	6'	19.36	
Medal ceremony 214 - 216							4'	19.42
221.	4X100m.	FREESTYLE RELAY	M		2*	13'	19.46	
222.	4X100m.	FREESTYLE RELAY	W		2*	14'	19.59	
Medal ceremony 218-220-221-222							8'	20.13
				160	24	141'	20.21	

## 3rd session - Saturday 18.2.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time			
Prelims		Start: 09.30								
301.	50m.	FREESTYLE	W	71	9	10'	09.30			
302.	50m.	FREESTYLE	M	82	11	12'	09.40			
303.	200m.	BUTTERFLY	W	23	3	10'	09.52			
304.	200m.	BUTTERFLY	M	24	3	9'	10.02			
305.	200m.	BREASTSTROKE	W	40	5	18'	10.11			
306.	200m.	BREASTSTROKE	M	26	4	13'	10.29			
307.	400m.	FREESTYLE	W	30	4	22'	10.42			
308.	400m.	FREESTYLE	M	32	5	20'	11.04			
309.	100m.	BACKSTROKE	W	39	5	9'	11.24			
310.	100m.	BACKSTROKE	M	44	6	10'	11.33			
							411	55	133'	11.43

## 4th session - Saturday 18.2.2023

Warm up: 16.00 - 16.45				Entr.	Heats	Dur.	Time	
A' & B' Finals		Start: 17.10						
401.	50m.	FREESTYLE	W	8	B'	3'	17.10	
402.	50m.	FREESTYLE	W	8	A'	4'	17.13	
403.	50m.	FREESTYLE	M	8	B'	3'	17.17	
404.	50m.	FREESTYLE	M	8	A'	4'	17.20	
405.	200m.	BUTTERFLY	W	8	B'	5'	17.24	
406.	200m.	BUTTERFLY	W	8	A'	6'	17.29	
407.	200m.	BUTTERFLY	M	8	B'	5'	17.35	
408.	200m.	BUTTERFLY	M	8	A'	6'	17.40	
Medal ceremony 402 - 404							4'	17.46
409.	200m.	BREASTSTROKE	W	8	B'	5'	17.50	
410.	200m.	BREASTSTROKE	W	8	A'	6'	17.55	
411.	200m.	BREASTSTROKE	M	8	B'	5'	18.01	
412.	200m.	BREASTSTROKE	M	8	A'	6'	18.06	
Medal ceremony 406 - 408							4'	18.12
413.	400m.	FREESTYLE	W	8	B'	7'	18.16	
414.	400m.	FREESTYLE	W	8	A'	8'	18.23	
415.	400m.	FREESTYLE	M	8	B'	7'	18.31	
416.	400m.	FREESTYLE	M	8	A'	8'	18.38	
Medal ceremony 410 - 412							4'	18.46
417.	100m.	BACKSTROKE	W	8	B'	4'	18.50	
418.	100m.	BACKSTROKE	W	8	A'	5'	18.54	
419.	100m.	BACKSTROKE	M	8	B'	4'	18.59	
420.	100m.	BACKSTROKE	M	8	A'	5'	19.03	
Medal ceremony 414 - 416							4'	19.08
421.	4X200m.	FREESTYLE RELAY	W		1*	12'	19.12	
422.	4X200m.	FREESTYLE RELAY	M		2*	24'	19.24	
Medal ceremony 418-420-421-422							8'	19.48
				160	23	166'	19.56	

16.50 - 17.05: Opening Ceremony

## 5th session - Sunday 19.2.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time	
Prelims		Start: 09.30						
501.	100m.	FREESTYLE	W	46	6	9'	09.30	
502.	100m.	FREESTYLE	M	70	9	14'	09.39	
503.	400m.	IND. MEDLEY	W	21	1	6'	09.53	
504.	400m.	IND. MEDLEY	M	21	1	6'	09.59	
505.	200m.	BACKSTROKE	W	27	4	12'	10.05	
506.	200m.	BACKSTROKE	M	25	4	12'	10.17	
507.	50m.	BUTTERFLY	W	50	7	8'	10.29	
508.	50m.	BUTTERFLY	M	53	7	8'	10.37	
509.	100m.	BREASTSTROKE	W	43	6	12'	10.45	
510.	100m.	BREASTSTROKE	M	34	5	9'	10.57	
511.	4X100m.	MIX. FREESTYLE R. M / W			2*	14'	11.06	
Medal ceremony 511							3'	11.25
				390	52	110'	11.28	

Warm up: 14.00 - 14.50				Entr.	Heats	Dur.	Time	
Final Heats		Start: 15.00						
512.	800m.	FREESTYLE	W	26	3	33'	15.00	
513.	800m.	FREESTYLE	M	18	2	22'	15.33	
Medal ceremony 512 - 513							4'	16.39
				44	5	55'	15.55	

## 6th session - Sunday 19.2.2023

Warm up: 15.55 - 16.35				Entr.	Heats	Dur.	Time	
A' & B' Finals		Start: 16.45						
601.	100m.	FREESTYLE	W	8	B'	4'	16.45	
602.	100m.	FREESTYLE	W	8	A'	5'	16.49	
603.	100m.	FREESTYLE	M	8	B'	4'	16.54	
604.	100m.	FREESTYLE	M	8	A'	5'	16.58	
605.	400m.	IND. MEDLEY	W	16	2 yp.	16'	17.03	
606.	400m.	IND. MEDLEY	M	16	2 yp.	16'	17.19	
Medal ceremony 602 - 604							4'	17.35
607.	200m.	BACKSTROKE	W	8	B'	5'	17.39	
608.	200m.	BACKSTROKE	W	8	A'	6'	17.44	
609.	200m.	BACKSTROKE	M	8	B'	5'	17.50	
610.	200m.	BACKSTROKE	M	8	A'	6'	17.55	
Medal ceremony 605 - 606							4'	18.01
611.	50m.	BUTTERFLY	W	8	B'	3'	18.05	
612.	50m.	BUTTERFLY	W	8	A'	4'	18.08	
613.	50m.	BUTTERFLY	M	8	B'	3'	18.12	
614.	50m.	BUTTERFLY	M	8	A'	4'	18.15	
Medal ceremony 608 - 610							4'	18.19
615.	100m.	BREASTSTROKE	W	8	B	4'	18.23	
616.	100m.	BREASTSTROKE	W	8	A'	5'	18.27	
617.	100m.	BREASTSTROKE	M	8	B	4'	18.32	
618.	100m.	BREASTSTROKE	M	8	A'	5'	18.36	
Medal ceremony 612 - 614							4'	18.41
619.	4X100m.	MEDLEY RELAY	W		2*	14'	18.45	
620.	4X100m.	MEDLEY RELAY	M		2*	13'	18.59	
Medal ceremony 616-618-619-620							8'	19.12
Awards to Top Swimmers							4'	19.20
				160	24	159'	19.24	

\* Estimation of maximum number of heats &amp; duration in team events