

MEDITERRANEAN SWIMMING CUP 2023 - COMPETITION PROGRAMME

1st session (morning) - Friday 16.6.2023

Start: 09.30		Warm up: 08.00 - 09.20		Part.	Heats	Dur.	Time
101.	100m.	Freestyle	Girls	32	4	14'	09.30
102.	100m.	Freestyle	Boys	33	5	17'	09.44
103.	400m.	Individual Medley	Girls	15	2	16'	10.01
104.	400m.	Individual Medley	Boys	14	2	16'	10.17
Medal ceremony for events 101-102							10'
Break 5 minutes							5'
105.	4X50m.	Medley Mixed Relay	Girls/Boys		1	5'	10.48
Medal ceremony for events 103-104-105							15'
						98'	11.08

2nd session (afternoon) - Friday 16.6.2023

Start: 18.00		Warm up: 16.30 - 17.40		Part.	Heats	Dur.	Time
Opening Ceremony 17.45 - 18.00							
201.	200m.	Backstroke	Girls	21	3	16'	18.00
202.	200m.	Backstroke	Boys	16	2	11'	18.16
203.	400m.	Freestyle	Girls	20	3	21'	18.27
204.	400m.	Freestyle	Boys	27	4	27'	18.48
Medal ceremony for events 201-202							10'
Break 5 minutes							5'
205.	4X100m.	Freestyle Relay	Girls		1	7'	19.30
206.	4X100m.	Freestyle Relay	Boys		1	7'	19.37
Medal ceremony for events 203-204-205-206							20'
						124'	20.04

3rd session (morning) - Saturday 17.6.2023

Start: 09.30		Warm up: 08.00 - 09.20		Part.	Heats	Dur.	Time
301.	50m.	Freestyle	Girls	23	3	10'	09.30
302.	50m.	Freestyle	Boys	22	3	10'	09.40
303.	100m.	Breaststroke	Girls	13	2	9'	09.50
304.	100m.	Breaststroke	Boys	14	2	9'	09.59
Medal ceremony for events 301-302							10'
305.	100m.	Butterfly	Girls	15	2	9'	10.18
306.	100m.	Butterfly	Boys	18	3	11'	10.27
Medal ceremony for events 303-304							10'
Break 5 minutes							5'
307.	4X200m.	Freestyle Relay	Girls		1	12'	10.53
308.	4X200m.	Freestyle Relay	Boys		1	11'	11.05
Medal ceremony for events 305-306-307-308							20'
						126'	11.36

4th session (afternoon) - Saturday 17.6.2023

Start: 18.00		Warm up: 16.30 - 17.50		Part.	Heats	Dur.	Time
401.	800m.	Freestyle	Girls	17	3	36'	18.00
402.	200m.	Breaststroke	Girls	16	2	12'	18.36
403.	200m.	Breaststroke	Boys	16	2	11'	18.48
Medal ceremony for event 401							5'
404.	100m.	Backstroke	Girls	23	3	12'	19.04
405.	100m.	Backstroke	Boys	16	2	8'	19.16
Medal ceremony for events 402-403							10'
Break 5 minutes							5'
406.	4X100m.	Medley Relay	Girls		1	7'	19.39
407.	4X100m.	Medley Relay	Boys		1	7'	19.46
Medal ceremony for events 404-405-406-407							20'
						133'	20.13

5th session (morning) - Sunday 18.6.2023

Start: 09.30		Warm up: 08.00 - 09.20		Part.	Heats	Dur.	Time
501.	200m.	Butterfly	Girls	14	2	11'	09.30
502.	200m.	Butterfly	Boys	15	2	11'	09.41
503.	200m.	Freestyle	Girls	31	4	19'	09.52
504.	200m.	Freestyle	Boys	28	4	18'	10.11
Medal ceremony for events 501-502							10'
Break 5 minutes							5'
505.	4X50m.	Freestyle Mixed Relay	Girls/Boys		1	5'	10.44
Medal ceremony for events 503-504-505							15'
						94'	11.04

6th session (afternoon) - Sunday 18.6.2023

Start: 18.00		Warm up: 16.30 - 17.50		Part.	Heats	Dur.	Time
601.	1500m.	Freestyle	Boys	14	2	39'	18.00
602.	200m.	Individual Medley	Girls	21	4	16'	18.39
603.	200m.	Individual Medley	Boys	26	4	20'	18.55
Medal ceremony for event 601							5'
Break 10 minutes							10'
604.	4X100m.	Freestyle Mixed Relay	Girls/Boys		1	7'	19.30
Medal ceremony for events 602-603-604							15'
Awards Ceremony for "COMEN TROPHY"							8'
						120'	20.00