

EVENT PROGRAMME

GREEK NATIONAL WINTER SWIMMING CHAMPIONSHIP 2023, ATHENS - O.A.K.A 15-17.12.2023

1st session - Friday 15.12.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time
Prelims	Start: 09.30						
101.	200m.	FREESTYLE	Men	62	8	22'	09.30
102.	200m.	FREESTYLE	Women	40	5	15'	09.22
103.	200m.	BREASTSTROKE	Men	30	4	12'	10.07
104.	200m.	BREASTSTROKE	Women	42	6	20'	10.19
105.	200m.	BACKSTROKE	Men	28	4	12'	10.39
106.	200m.	BACKSTROKE	Women	32	4	12'	10.51
107.	50m.	BUTTERFLY	Men	88	11	13'	11.03
108.	50m.	BUTTERFLY	Women	54	7	9'	11.16
109.	1500m.	FREESTYLE	Men	12	*2 sl.	38'	11.25
110.	1500m.	FREESTYLE	Women	9	*1 sl.	19'	12.03
				397	54	172'	12.22

3rd session - Saturday 16.12.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time
Prelims	Start: 09.30						
301.	50m.	FREESTYLE	Women	62	8	10'	09.30
302.	50m.	FREESTYLE	Men	83	11	13'	09.40
303.	400m.	IND. MEDLEY	Women	8	1 sl.	6'	09.53
304.	400m.	IND. MEDLEY	Men	11	2 sl.	11'	09.59
305.	100m.	BACKSTROKE	Women	40	5	9'	10.10
306.	100m.	BACKSTROKE	Men	39	5	9'	10.19
307.	400m.	FREESTYLE	Women	22	3 sl.	17'	10.28
308.	400m.	FREESTYLE	Men	19	3 sl.	15'	10.45
309.	100m.	BUTTERFLY	Women	32	4	7'	11.00
310.	100m.	BUTTERFLY	Men	61	8	13'	11.07
311.	100m.	BREASTSTROKE	Women	40	5	10'	11.20
312.	100m.	BREASTSTROKE	Men	45	6	11'	11.30
				462	60	131'	11.41

5th session - Sunday 17.12.2023

Warm up: 08.00 - 09.20				Entr.	Heats	Dur.	Time
Prelims	Start: 09.30						
501.	100m.	FREESTYLE	Women	58	8	13'	09.30
502.	100m.	FREESTYLE	Men	97	13	19'	09.43
503.	50m.	BREASTSTROKE	Women	47	6	8'	10.02
504.	50m.	BREASTSTROKE	Men	47	6	8'	10.10
505.	200m.	BUTTERFLY	Women	22	3	10'	10.18
506.	200m.	BUTTERFLY	Men	31	4	12'	10.28
507.	50m.	BACKSTROKE	Women	45	6	8'	10.40
508.	50m.	BACKSTROKE	Men	39	5	7'	10.48
509.	200m.	IND. MEDLEY	Women	32	4	13'	10.55
510.	200m.	IND. MEDLEY	Men	30	4	12'	11.08
511.	800m.	FREESTYLE	Women	19	* 3 sl.	32'	11.20
512.	800m.	FREESTYLE	Men	17	* 2 sl.	20'	11.52
				484	64	162'	12.12

2nd session - Friday 15.12.2023

Warm up: 16.00 - 17.20				Entr.	Heats	Dur.	Time
A' & B' Finals	Start: 17.30						
201.	200m.	FREESTYLE	Men	8	B'	5'	17.30
202.	200m.	FREESTYLE	Men	8	A'	6'	17.35
203.	200m.	FREESTYLE	Women	8	B'	5'	17.41
204.	200m.	FREESTYLE	Women	8	A'	6'	17.46
205.	200m.	BREASTSTROKE	Men	8	B'	5'	17.52
206.	200m.	BREASTSTROKE	Men	8	A'	6'	17.57
207.	200m.	BREASTSTROKE	Women	8	B'	5'	18.03
208.	200m.	BREASTSTROKE	Women	8	A'	6'	18.08
Medal ceremonies 202 - 204						6'	18.14
209.	200m.	BACKSTROKE	Men	8	B'	5'	18.20
210.	200m.	BACKSTROKE	Men	8	A'	6'	18.15
211.	200m.	BACKSTROKE	Women	8	B'	5'	18.21
212.	200m.	BACKSTROKE	Women	8	A'	6'	18.26
Medal ceremonies 206 - 208						6'	18.32
213.	50m.	BUTTERFLY	Men	8	B'	3'	18.38
214.	50m.	BUTTERFLY	Men	8	A'	4'	18.41
215.	50m.	BUTTERFLY	Women	8	B'	3'	18.45
216.	50m.	BUTTERFLY	Women	8	A'	4'	18.48
Medal ceremonies 210 - 212						6'	18.52
217.	1500m.	FREESTYLE	Men	8	1 fast	20'	18.58
218.	1500m.	FREESTYLE	Women	8	1 fast	20'	19.18
Medal ceremonies 214 - 216 - 217 - 218						8'	19.38
				144	18	146'	19.46

4th session - Saturday 16.12.2023

Warm up: 16.00 - 17.20				Entr.	Heats	Dur.	Time
A' & B' Finals	Start: 17.30						
401.	50m.	FREESTYLE	Women	8	B'	3'	17.30
402.	50m.	FREESTYLE	Women	8	A'	4'	17.33
403.	50m.	FREESTYLE	Men	8	B'	3'	17.37
404.	50m.	FREESTYLE	Men	8	A'	4'	17.40
405.	400m.	IND. MEDLEY	Women	16	2 fast	16'	17.44
406.	400m.	IND. MEDLEY	Men	16	2 fast	16'	18.00
Medal ceremonies 402 - 404						6'	18.16
407.	100m.	BACKSTROKE	Women	8	B'	4'	18.22
408.	100m.	BACKSTROKE	Women	8	A'	5'	18.26
409.	100m.	BACKSTROKE	Men	8	B'	4'	18.31
410.	100m.	BACKSTROKE	Men	8	A'	5'	18.35
Medal ceremonies 405 - 406						6'	18.40
411.	400m.	FREESTYLE	Women	16	2 fast	16'	18.46
412.	400m.	FREESTYLE	Men	16	2 fast	16'	19.02
Medal ceremonies 408 - 410						6'	19.18
413.	100m.	BUTTERFLY	Women	8	B'	4'	19.24
414.	100m.	BUTTERFLY	Women	8	A'	5'	19.28
415.	100m.	BUTTERFLY	Men	8	B'	4'	19.33
416.	100m.	BUTTERFLY	Men	8	A'	5'	19.37
Medal ceremonies 411 - 412						6'	19.42
417.	100m.	BREASTSTROKE	Women	8	B'	4'	19.48
418.	100m.	BREASTSTROKE	Women	8	A'	5'	19.52
419.	100m.	BREASTSTROKE	Men	8	B'	4'	19.57
420.	100m.	BREASTSTROKE	Men	8	A'	5'	20.01
Medal ceremonies 414-416-418-420						8'	20.06
				192	24	164'	20.14

6th session - Sunday 17.12.2023

Warm up: 15.00 - 16.20				Entr.	Heats	Dur.	Time
A' & B' Finals	Start: 16.30						
601.	100m.	FREESTYLE	Women	8	B'	4'	16.30
602.	100m.	FREESTYLE	Women	8	A'	5'	16.34
603.	100m.	FREESTYLE	Men	8	B'	4'	16.39
604.	100m.	FREESTYLE	Men	8	A'	5'	16.43
605.	50m.	BREASTSTROKE	Women	8	B'	3'	16.48
606.	50m.	BREASTSTROKE	Women	8	A'	4'	16.51
607.	50m.	BREASTSTROKE	Men	8	B'	3'	16.55
608.	50m.	BREASTSTROKE	Men	8	A'	4'	16.58
Medal ceremonies 602 - 604						6'	17.02
609.	200m.	BUTTERFLY	Women	8	B'	5'	17.08
610.	200m.	BUTTERFLY	Women	8	A'	6'	17.13
611.	200m.	BUTTERFLY	Men	8	A'	5'	17.19
612.	200m.	BUTTERFLY	Men	8	B'	6'	17.24
Medal ceremonies 606 - 608						6'	17.30
613.	50m.	BACKSTROKE	Women	8	B'	3'	17.36
614.	50m.	BACKSTROKE	Women	8	A'	4'	17.39
615.	50m.	BACKSTROKE	Men	8	B'	3'	17.43
616.	50m.	BACKSTROKE	Men	8	A'	4'	17.46
Medal ceremonies 610 - 612						6'	17.50
617.	200m.	IND. MEDLEY	Women	8	B'	5'	17.56
618.	200m.	IND. MEDLEY	Women	8	A'	6'	18.01
619.	200m.	IND. MEDLEY	Men	8	B'	5'	18.07
620.	200m.	IND. MEDLEY	Men	8	A'	6'	18.12
Medal ceremonies 614 - 616						6'	18.18
621.	800m.	FREESTYLE	Men	8	1 fast	11'	18.24
622.	800m.	FREESTYLE	Women	8	1 fast	11'	18.35
Medal ceremonies 618 - 620 - 621 - 622						8'	18.46
Awards to Top Swimmers						4'	18.54
				176	22	148'	18.58