

EVENT PROGRAMME

NATIONAL WINTER SWIMMING CUP 2024, ATHENS - O.A.K.A _ 20-22.12.2024

1st session - Friday 20.12.2024							
Warm up: 08.00 - 09.20							
Prelims		Start: 09.30		Entr.	Heats	Dur.	Time
101.	200m.	FREESTYLE	Men	61	8	24'	09.30
102.	200m.	FREESTYLE	Women	48	5	16'	09.54
103.	200m.	BREASTSTROKE	Men	39	5	16'	10.10
104.	200m.	BREASTSTROKE	Women	42	6	21'	10.26
105.	200m.	BACKSTROKE	Men	28	4	13'	10.47
106.	200m.	BACKSTROKE	Women	34	5	16'	11.00
107.	50m.	BUTTERFLY	Men	87	11	13'	11.16
108.	50m.	BUTTERFLY	Women	64	8	10'	11.29
109.	1500m.	FREESTYLE	Men	9	*1 sl.	19'	11.39
110.	1500m.	FREESTYLE	Women	9	*1 sl.	20'	11.58
				421	56	168'	12.18

3rd session - Saturday 21.12.2024							
Warm up: 08.00 - 09.20							
Prelims		Start: 09.30		Entr.	Heats	Dur.	Time
301.	50m.	FREESTYLE	Women	65	8	10'	09.30
302.	50m.	FREESTYLE	Men	78	10	12'	09.40
303.	400m.	IND. MEDLEY	Women	3	1 sl.	6'	09.52
304.	400m.	IND. MEDLEY	Men	13	2 sl.	12'	09.58
305.	100m.	BACKSTROKE	Women	41	5	10'	10.10
306.	100m.	BACKSTROKE	Men	34	5	10'	10.20
307.	400m.	FREESTYLE	Women	19	3 sl.	17'	10.30
308.	400m.	FREESTYLE	Men	22	3 sl.	16'	10.47
309.	100m.	BUTTERFLY	Women	34	5	9'	11.03
310.	100m.	BUTTERFLY	Men	54	7	12'	11.12
311.	100m.	BREASTSTROKE	Women	46	6	12'	11.24
312.	100m.	BREASTSTROKE	Men	50	7	13'	11.36
				459	65	139'	11.49

5th session - Sunday 22.12.2024							
Warm up: 08.00 - 09.20							
Prelims		Start: 09.30		Entr.	Heats	Dur.	Time
501.	100m.	FREESTYLE	Women	57	7	13'	09.30
502.	100m.	FREESTYLE	Men	87	11	19'	09.43
503.	50m.	BREASTSTROKE	Women	55	7	9'	10.02
504.	50m.	BREASTSTROKE	Men	52	7	9'	10.11
505.	200m.	BUTTERFLY	Women	21	3	10'	10.20
506.	200m.	BUTTERFLY	Men	34	5	16'	10.30
507.	50m.	BACKSTROKE	Women	42	6	8'	10.46
508.	50m.	BACKSTROKE	Men	44	6	8'	10.54
509.	200m.	IND. MEDLEY	Women	33	4	14'	11.02
510.	200m.	IND. MEDLEY	Men	39	5	16'	11.16
511.	800m.	FREESTYLE	Women	14	*2 sl.	22'	11.32
512.	800m.	FREESTYLE	Men	17	*2 sl.	20'	11.54
				495	65	164'	12.14

2nd session - Friday 20.12.2024							
Warm up: 16.00 - 17.20							
A' & B' Finals		Start: 17.30		Entr.	Heats	Dur.	Time
201.	200m.	FREESTYLE	Men	8	B'	4'	17.30
202.	200m.	FREESTYLE	Men	8	A'	5'	17.34
203.	200m.	FREESTYLE	Women	8	B'	4'	17.39
204.	200m.	FREESTYLE	Women	8	A'	5'	17.43
205.	200m.	BREASTSTROKE	Men	8	B'	4'	17.48
206.	200m.	BREASTSTROKE	Men	8	A'	5'	17.52
207.	200m.	BREASTSTROKE	Women	8	B'	4'	17.57
208.	200m.	BREASTSTROKE	Women	8	A'	5'	18.01
Medal ceremonies 202 - 204						6'	18.06
209.	200m.	BACKSTROKE	Men	8	B'	4'	18.12
210.	200m.	BACKSTROKE	Men	8	A'	5'	18.16
211.	200m.	BACKSTROKE	Women	8	B'	4'	18.21
212.	200m.	BACKSTROKE	Women	8	A'	5'	18.25
Medal ceremonies 206 - 208						6'	18.30
213.	50m.	BUTTERFLY	Men	8	B'	2'	18.36
214.	50m.	BUTTERFLY	Men	8	A'	3'	18.38
215.	50m.	BUTTERFLY	Women	8	B'	2'	18.41
216.	50m.	BUTTERFLY	Women	8	A'	3'	18.43
Medal ceremonies 210 - 212						6'	18.46
217.	1500m.	FREESTYLE	Men	8	1 fast	19'	18.52
218.	1500m.	FREESTYLE	Women	8	1 fast	20'	19.11
Medal ceremonies 214 - 216 - 217 - 218						8'	19.31
				144	18	129'	19.39

4th session - Saturday 21.2.2024							
Warm up: 16.00 - 17.20							
A' & B' Finals		Start: 17.30		Entr.	Heats	Dur.	Time
401.	50m.	FREESTYLE	Women	8	B'	2'	17.30
402.	50m.	FREESTYLE	Women	8	A'	3'	17.32
403.	50m.	FREESTYLE	Men	8	B'	2'	17.35
404.	50m.	FREESTYLE	Men	8	A'	3'	17.37
405.	400m.	IND. MEDLEY	Women	16	2 fast	15'	17.40
406.	400m.	IND. MEDLEY	Men	16	2 fast	14'	17.55
Medal ceremonies 402 - 404						6'	18.09
407.	100m.	BACKSTROKE	Women	8	B'	3'	18.15
408.	100m.	BACKSTROKE	Women	8	A'	4'	18.18
409.	100m.	BACKSTROKE	Men	8	B'	3'	18.22
410.	100m.	BACKSTROKE	Men	8	A'	4'	18.25
Medal ceremonies 405 - 406						6'	18.29
411.	400m.	FREESTYLE	Women	16	2 fast	15'	18.35
412.	400m.	FREESTYLE	Men	16	2 fast	14'	18.50
Medal ceremonies 408- 410						6'	19.04
413.	100m.	BUTTERFLY	Women	8	B'	3'	19.10
414.	100m.	BUTTERFLY	Women	8	A'	4'	19.13
415.	100m.	BUTTERFLY	Men	8	B'	3'	19.17
416.	100m.	BUTTERFLY	Men	8	A'	4'	19.20
Medal ceremonies 411 - 412						6'	19.24
417.	100m.	BREASTSTROKE	Women	8	B'	3'	19.30
418.	100m.	BREASTSTROKE	Women	8	A'	4'	19.33
419.	100m.	BREASTSTROKE	Men	8	B'	3'	19.37
420.	100m.	BREASTSTROKE	Men	8	A'	4'	19.40
Medal ceremonies 414-416-418-420						8'	19.44
				192	24	142'	19.52

6th session - Sunday 22.12.2024							
Warm up: 15.00 - 16.20							
A' & B' Finals		Start: 16.30		Entr.	Heats	Dur.	Time
601.	100m.	FREESTYLE	Women	8	B'	3'	16.30
602.	100m.	FREESTYLE	Women	8	A'	4'	16.33
603.	100m.	FREESTYLE	Men	8	B'	3'	16.37
604.	100m.	FREESTYLE	Men	8	A'	4'	16.40
605.	50m.	BREASTSTROKE	Women	8	B'	2'	16.44
606.	50m.	BREASTSTROKE	Women	8	A'	3'	16.46
607.	50m.	BREASTSTROKE	Men	8	B'	2'	16.49
608.	50m.	BREASTSTROKE	Men	8	A'	3'	16.51
Medal ceremonies 602 - 604						6'	16.54
609.	200m.	BUTTERFLY	Women	8	B'	4'	17.00
610.	200m.	BUTTERFLY	Women	8	A'	5'	17.04
611.	200m.	BUTTERFLY	Men	8	A'	4'	17.09
612.	200m.	BUTTERFLY	Men	8	B'	5'	17.13
Medal ceremonies 606 - 608						6'	17.18
613.	50m.	BACKSTROKE	Women	8	B'	2'	17.24
614.	50m.	BACKSTROKE	Women	8	A'	3'	17.26
615.	50m.	BACKSTROKE	Men	8	B'	2'	17.29
616.	50m.	BACKSTROKE	Men	8	A'	3'	17.31
Medal ceremonies 610 - 612						6'	17.34
617.	200m.	IND. MEDLEY	Women	8	B'	4'	17.40
618.	200m.	IND. MEDLEY	Women	8	A'	5'	17.44
619.	200m.	IND. MEDLEY	Men	8	B'	4'	17.49
620.	200m.	IND. MEDLEY	Men	8	A'	5'	17.53
Medal ceremonies 614 - 616						6'	17.58
621.	800m.	FREESTYLE	Women	8	1 fast	12'	18.04
622.	800m.	FREESTYLE	Men	8	1 fast	11'	18.16
Medal ceremonies 618 - 620 - 621 - 622						8'	18.27
Award to Top Swimmers						4'	18.35
Award of the winning teams in the rankings of the National Winter Swimming Cup 2024 (OPEN & U23)						6'	18.39
				176	22	135'	18.45