



40th Nioveia 2024 Time Schedule 19-21/4/2024 - Thessaloniki, 50m

*Το ωρολόγιο πρόγραμμα είναι ενδεικτικό και υπολογίζεται κατα προσέγγιση. Ενδεχομένως να υπάρχουν αποκλίσεις +/- 15 λεπτών. Παρακολουθείτε την πορεία των αγώνων σε κάθε περίπτωση.

*Time Schedule is approximate +/- 15 minutes. You must observe the competitions to be sure and in time.

Session A – Friday 19/4/2024 – 16:30				Heats	Duration	Time
1	1500m	Freestyle	Men	2	0:40	16:30
2	800m	Freestyle	Women	2	0:21	17:10
3	400m	Ind. Medley	Men	2	0:11	17:31
4	400m	Ind. Medley	Women	2	0:11	17:42
5	50m	Backstroke	Men	11	0:11	17:53
6	50m	Backstroke	Women	12	0:12	18:04
7	50m	Breastroke	Men	10	0:10	18:16
8	50m	Breastroke	Women	9	0:09	18:26

Session B – Saturday 20/4 – 09:00				Heats	Duration	Time
1	100m	Freestyle	Men	24	0:36	9:00
2	100m	Freestyle	Women	25	0:39	9:36
3	200m	Ind. Medley	Men	5	0:20	10:15
4	200m	Ind. Medley	Women	5	0:20	10:35
5	100m	Butterfly	Men	9	0:17	10:55
6	100m	Butterfly	Women	6	0:11	11:12
7	200m	Backstroke	Men	6	0:24	11:23
8	200m	Backstroke	Women	6	0:24	11:47
9	200m	Breastroke	Men	5	0:21	12:11
10	200m	Breastroke	Women	5	0:21	12:32
11	400m	Freestyle	Men	3	0:18	12:53
12	400m	Freestyle	Women	3	0:18	13:11



Session C, Finals-Saturday 20/4 – 18:00				Heats	Duration	Time
1	50m	Backstroke	Men	3	0:05	18:00
2	50m	Backstroke	Women	3	0:05	18:05
3	50m	Breastroke	Men	3	0:05	18:10
4	50m	Breastroke	Women	3	0:05	18:15
5	100m	Freestyle	Men	2	0:05	18:20
6	100m	Freestyle	Women	2	0:05	18:25
7	200m	Ind. Medley	Men	2	0:08	18:30
8	200m	Ind. Medley	Women	2	0:08	18:38
9	100m	Butterfly	Men	2	0:05	18:46
10	100m	Butterfly	Women	2	0:05	18:51
11	200m	Backstroke	Men	2	0:08	18:56
12	200m	Backstroke	Women	2	0:08	19:04
13	200m	Breaststroke	Men	2	0:09	19:12
14	200m	Breaststroke	Women	2	0:09	19:21
15	400m	Freestyle	Men	2	0:10	19:30
16	400m	Freestyle	Women	2	0:10	19:40
17	4x50m	Free MIXED				19:50

Session D – Sunday 21/4 – 09:00				Heats	Duration	Time
1	50m	Freestyle	Men	21	0:18	9:00
2	50m	Freestyle	Women	19	0:16	9:18
3	50m	Butterfly	Men	13	0:11	9:34
4	50m	Butterfly	Women	13	0:11	9:45
5	100m	Breastroke	Men	9	0:18	9:56
6	100m	Breastroke	Women	7	0:14	10:14
7	100m	Backstroke	Men	9	0:18	10:28
8	100m	Backstroke	Women	8	0:16	10:46
9	200m	Freestyle	Men	14	0:47	11:02
10	200m	Freestyle	Women	14	0:48	11:49
11	200m	Butterfly	Men	4	0:15	12:37
12	200m	Butterfly	Women	2	0:07	12:52



Session D – Sunday 21/4 – 16:45				Heats	Duration	Time
1	800m	Freestyle	Men	1	0:10	16:45
2	1500m	Freestyle	Women	1	0:20	16:55
3	50m	Freestyle	Men	3	0:05	17:15
4	50m	Freestyle	Women	3	0:05	17:20
5	50m	Butterfly	Men	3	0:05	17:25
6	50m	Butterfly	Women	3	0:05	17:30
7	100m	Breastroke	Men	2	0:06	17:35
8	100m	Breastroke	Women	2	0:06	17:41
9	100m	Backstroke	Men	2	0:06	17:47
10	100m	Backstroke	Women	2	0:06	17:53
11	200m	Freestyle	Men	2	0:08	17:59
12	200m	Freestyle	Women	2	0:08	18:07
13	200m	Butterfly	Men	2	0:08	18:15
14	200m	Butterfly	Women	2	0:08	18:23
15	4x50m	Medley MIXED				18:31

Επιμέλεια Παντής Παντελής

