**Friday - February 17th 2023**

* + **17.02.2023 9 – 11 am**

Opening and registration

* + **17.02.2023 11 am – 12 pm**

Swimming / training under supervision

* + **17.02.2023 12 – 1 pm**

Briefing

for the participants of the Ice-Mile (1609m) and the 1000 m distance

* + **17.02.2023 1 – 2 pm**

Start 1000 m distance

* + **17.02.2023 2 - 3 pm**

Start Ice-Mile (1609m)

The start times can be postponed depending on the number of participants

* + **17.02.2023 3 pm**

Award ceremony 1000 m and Ice-Mile (1609m)

* + **17.02.2023 5 - 8 pm**

Dinner close to the area (included: warm meal)

**Saturday - February 18th 2022**

* 1. **18.02.2023 8 - 9 am**

Opening and registration

* 1. **18.02.2023 9 - 10 am**

Swimming / training under supervision

* 1. **18.02.2023 10 am - 4:00 pm**

Start of the individual distances

* 1. 500m Freestyle (SOLO)
	2. 200m Freestyle (SOLO)
	3. 100m Freestyle (SOLO)
	4. 50m Freestyle (SOLO)
	5. 200m Breaststroke (SOLO)
	6. 100m Breaststroke (SOLO)
	7. 50m Breaststroke (SOLO)
	8. 50m Butterfly (SOLO)
	9. 100m Individual Medley (SOLO)
	10. 4 x 100m Mixed Freestyle Relay (RELAY)
	11. 4 x 50m Mixed Medley Relay (RELAY)
	12. 200m backstroke (SOLO)
	13. 100m backstroke (SOLO)
		1. **18.02.2023 4 - 5 pm**

Award ceremony

* 1. **18.02.2023 5 pm**

End of the event