

Schedule of the series

| FRIDAY | | 04-lut-2022 | |
|--|-------|-------------|-------|
| OPENING CEREMONY AT THE FROZEN VILLAGE | | 08:00 | 09:30 |
| TIME PER HEAT | | 00:15 | |
| 500m Freestyle | | 09:30 | 12:30 |
| HEATS | M/F | START | END |
| 1 | M | 09:30 | 09:45 |
| 2 | M | 09:45 | 10:00 |
| 3 | M | 10:00 | 10:15 |
| 4 | M | 10:15 | 10:30 |
| 5 | M | 10:30 | 10:45 |
| 6 | M | 10:45 | 11:00 |
| 7 | M | 11:00 | 11:15 |
| 8 | F | 11:15 | 11:30 |
| 9 | F | 11:30 | 11:45 |
| 10 | F | 11:45 | 12:00 |
| 11 | F | 12:00 | 12:15 |
| 12 | F | 12:15 | 12:30 |
| TIME PER HEAT | | 00:05 | |
| 50m Breaststroke | | 12:30 | 13:15 |
| HEATS | M/F | START | END |
| 1 | M | 12:30 | 12:35 |
| 2 | M | 12:35 | 12:40 |
| 3 | M | 12:40 | 12:45 |
| 4 | M | 12:45 | 12:50 |
| 5 | M | 12:50 | 12:55 |
| 6 | F | 12:55 | 13:00 |
| 7 | F | 13:00 | 13:05 |
| 8 | F | 13:05 | 13:10 |
| 9 | F | 13:10 | 13:15 |
| BREAK | | 13:15 | 14:00 |
| TIME PER HEAT | | 00:05 | |
| 50m Backstroke | | 14:00 | 14:35 |
| HEATS | M/F | START | END |
| 1 | F | 14:00 | 14:05 |
| 2 | F | 14:05 | 14:10 |
| 3 | F | 14:10 | 14:15 |
| 4 | M | 14:15 | 14:20 |
| 5 | M | 14:20 | 14:25 |
| 6 | M | 14:25 | 14:30 |
| 7 | M | 14:30 | 14:35 |
| 4X50m FREESTYLE RELAY | | 14:45 | 14:55 |
| 1 | MIXED | 14:45 | 14:50 |
| 2 | MIXED | 14:50 | 14:55 |
| BREAK | | 14:55 | 16:00 |
| AGE GROUP AWARDS | | 16:00 | 17:00 |
| END OF DAY 1 | | | |

| SATURDAY | | 05-lut-2022 | |
|-----------------|-------|-------------|-------|
| TIME PER HEAT | | 00:25 | |
| 1000m Freestyle | | 09:00 | 13:10 |
| HEATS | M/F | START | END |
| 1 | MIXED | 09:00 | 09:25 |

| | | | |
|-------|---|-------|-------|
| 2 | F | 09:25 | 09:50 |
| 3 | F | 09:50 | 10:15 |
| 4 | F | 10:15 | 10:40 |
| 5 | M | 10:40 | 11:05 |
| 6 | M | 11:05 | 11:30 |
| 7 | M | 11:30 | 11:55 |
| 8 | M | 11:55 | 12:20 |
| 9 | M | 12:20 | 12:45 |
| 10 | M | 12:45 | 13:10 |
| BREAK | | 13:10 | 14:00 |

TIME PER HEAT

00:07

100m Breaststroke

14:00

14:56

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | F | 14:00 | 14:07 |
| 2 | F | 14:07 | 14:14 |
| 3 | F | 14:14 | 14:21 |
| 4 | F | 14:21 | 14:28 |
| 5 | M | 14:28 | 14:35 |
| 6 | M | 14:35 | 14:42 |
| 7 | M | 14:42 | 14:49 |
| 8 | M | 14:49 | 14:56 |

TIME PER HEAT

00:06

100m Freestyle

14:56

16:18

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | M | 15:00 | 15:06 |
| 2 | M | 15:06 | 15:12 |
| 3 | M | 15:12 | 15:18 |
| 4 | M | 15:18 | 15:24 |
| 5 | M | 15:24 | 15:30 |
| 6 | M | 15:30 | 15:36 |
| 7 | M | 15:36 | 15:42 |
| 8 | M | 15:42 | 15:48 |
| 9 | F | 15:48 | 15:54 |
| 10 | F | 15:54 | 16:00 |
| 11 | F | 16:00 | 16:06 |
| 12 | F | 16:06 | 16:12 |
| 13 | F | 16:12 | 16:18 |

1000m Freestyle - FASTEST HEATS M + F

| | | | |
|------------------------------|-----------|-------|-------|
| 11 | FINAL - F | 16:30 | 16:55 |
| BREAK FOR LAST HEAT RECOVERY | | | |
| 12 | FINAL - M | 17:00 | 17:25 |
| AGE GROUP AWARDS | | 18:00 | 18:30 |

| | |
|--------|-------------|
| SUNDAY | 06-lut-2022 |
|--------|-------------|

TIME PER HEAT

00:10

250m Freestyle

09:00

10:50

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | F | 09:00 | 09:10 |
| 2 | F | 09:10 | 09:20 |
| 3 | F | 09:20 | 09:30 |
| 4 | F | 09:30 | 09:40 |
| 5 | M | 09:40 | 09:50 |
| 6 | M | 09:50 | 10:00 |
| 7 | M | 10:00 | 10:10 |
| 8 | M | 10:10 | 10:20 |

| | | | |
|----|---|-------|-------|
| 9 | M | 10:20 | 10:30 |
| 10 | M | 10:30 | 10:40 |
| 11 | M | 10:40 | 10:50 |

TIME PER HEAT

00:06

100m Individual Medley

10:50

11:32

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | M | 10:50 | 10:56 |
| 2 | M | 10:56 | 11:02 |
| 3 | M | 11:02 | 11:08 |
| 4 | M | 11:08 | 11:14 |
| 5 | F | 11:14 | 11:20 |
| 6 | F | 11:20 | 11:26 |
| 7 | F | 11:26 | 11:32 |

TIME PER HEAT

00:05

50m Butterfly

11:32

12:12

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | M | 11:32 | 11:37 |
| 2 | M | 11:37 | 11:42 |
| 3 | M | 11:42 | 11:47 |
| 4 | M | 11:47 | 11:52 |
| 5 | M | 11:52 | 11:57 |
| 6 | F | 11:57 | 12:02 |
| 7 | F | 12:02 | 12:07 |
| 8 | F | 12:07 | 12:12 |

TIME PER HEAT

00:05

50m Freestyle

12:12

13:27

| HEATS | M/F | START | END |
|-------|-----|-------|-------|
| 1 | F | 12:12 | 12:17 |
| 2 | F | 12:17 | 12:22 |
| 3 | F | 12:22 | 12:27 |
| 4 | F | 12:27 | 12:32 |
| 5 | F | 12:32 | 12:37 |
| 6 | F | 12:37 | 12:42 |
| 7 | M | 12:42 | 12:47 |
| 8 | M | 12:47 | 12:52 |
| 9 | M | 12:52 | 12:57 |
| 10 | M | 12:57 | 13:02 |
| 11 | M | 13:02 | 13:07 |
| 12 | M | 13:07 | 13:12 |
| 13 | M | 13:12 | 13:17 |
| 14 | M | 13:17 | 13:22 |
| 15 | M | 13:22 | 13:27 |
| BREAK | | 13:27 | 14:15 |

4 x 250m Country Relay

| HEATS | M/F | START | END |
|-------------------------------------|-----|-------|-------|
| 1 | F | 14:15 | 14:35 |
| AGE GROUP AWARDS | | 16:30 | 17:00 |
| CLOSING CEREMONY AND OVERALL AWARDS | | 17:00 | 19:00 |

FROZEN VILLAGE DRINKS

END OF SWIMMING