

IISA 5th World Championship , Samoens 2023 - PROGRAM

EVENTS		QUALIFYING
50 breastroke	100 IM	<p style="margin: 0;"><u>QUALIFYING FOR THE IISA 5TH WORLD CHAMPIONSHIP</u></p> <p style="margin: 0;">Qualifying times:</p> <p style="margin: 0;">1000m freestyle – 22 minutes</p> <p style="margin: 0;">500m freestyle – 11 minutes</p> <p style="margin: 0;">Fastest Heat 1000m M < 14 minutes</p> <p style="margin: 0;">Fastest Heat 1000m W < 15 minutes</p> <ul style="list-style-type: none"> Fastest Heat 500m M < 7 minutes Fastest Heat 500m W < 7.5 minutes
50 butterfly	250 freestyle	
50 freestyle	500 Freestyle	
50 Backstroke	1000 freestyle	
100 Backstroke	4 x 250 Country mixed relay	
100 breastroke	4 x 50 freestyle mixed	
100 butterfly	4 x 50 IM mixed	
100 freestyle	4 x 50 freestyle VIP	

Due to the disruptions over the past years, we will continue to consider any swims completed at the IISA World Championship Murmansk 2019 [inclusive] as qualifying swims for the IISA 5TH WORLD CHAMPIONSHIP. Any entries under this qualifying criterion should be accompanied by a statement of fitness declaring that you are fit as per your last qualifying swim.

	WEDNESDAY 11-JAN-2023	THURSDAY 12-JAN-2023	FRIDAY 13-JAN-2023	SATURDAY 14-JAN-2023	SUNDAY 15-JAN-2023
M O R N I N G		1000 freestyle W	500 Freestyle	100 Backstroke	250 freestyle
			100 butterfly	50 butterfly	100 IM
			100 freestyle	100 freestyle	50 freestyle
		50 Backstroke	50 breastroke	50 breastroke	50 breastroke
OFFICIALS BREAK / AGE GROUP AWARDS					
A F T E R N O O N	Athletes Arrival	1000 freestyle M	100 breastroke	VIP 4 x 50 free style mixed Relay	
	Registration, Medicals		500 Freestyle - Fastest heat W		
	Technical Briefing to ALL participants		4 x 50 freestyle relay mixed	500 Freestyle - Fastest fastest M	1000 freestyle W Fastest heat
			4 x 50 IM relay mixed	1000 freestyle M Fastest heat	
AGE GROUP AWARDS					
E V E N I N G	OPENING CEREMONY	SOCIAL / REST	SOCIAL / REST	SOCIAL / REST	OVERALL AWARDS CLOSING CEREMONY AFTER PARTY