

# CENTRAL EUROPEAN COUNTRIES JUNIOR MULTINATIONS

03.12 - 04.12.2022 Prague - Swimming Pool Podoli



CZECH  
SWIMMING  
FEDERATION



## CECJM Programme

### 1) 1. Session

Start of session: 09:00

Warm-up: 08:00 - 08:50

Discipline	Category	Type	Start	Heats	Seeding	Reserves
1) 100 Freestyle Girls	A	Heats	09:00	4	Normal	0
2) 100 Freestyle Boys	A	Heats	09:13	4	Normal	0
3) 200 Backstroke Girls	A	Heats	09:25	2	Normal	0
4) 200 Backstroke Boys	A	Heats	09:34	2	Normal	0
Victory ceremony 100 Free			09:43			
5) 400 Individual Medley Girls	A	Heats	09:53	3	Normal	0
6) 400 Individual Medley Boys	A	Heats	10:16	3	Normal	0
Victory ceremony 200 Back			10:38			
7) 4x100 Medley Relays Girls	A	Heats	10:48	1	Normal	0
8) 4x100 Medley Relays Boys	A	Heats	10:55	1	Normal	0
Victory ceremony 400 IM, 4x100 Relay			11:02			
End of the first half day			11:17			

### 2) 2. Session

Start of session: 16:00

Warm-up: 15:00 - 15:50

Discipline	Category	Type	Start	Heats	Seeding	Reserves
9) 400 Freestyle Girls	A	Heats	16:00	3	Normal	0
10) 400 Freestyle Boys	A	Heats	16:21	3	Normal	0
11) 100 Breaststroke Girls	A	Heats	16:41	3	Normal	0
12) 100 Breaststroke Boys	A	Heats	16:51	3	Normal	0
Victory ceremony 400 Free			17:01			
13) 100 Butterfly Girls	A	Heats	17:11	2	Normal	0
14) 100 Butterfly Boys	A	Heats	17:18	3	Normal	0
Victory ceremony 100 Breast			17:28			
15) 4x200 Freestyle Relay Girls	A	Heats	17:38	1	Normal	0
16) 4x200 Freestyle Relay Boys	A	Heats	17:50	1	Normal	0
Victory ceremony 100 Fly, 4x200 Free			18:01			
End of the second half of the day			18:16			

### 3) 3. Session

Start of session: 09:00

Warm-up: 08:00 - 08:50

Discipline	Category	Type	Start	Heats	Seeding	Reserves
17) 50 Freestyle Girls	A	Heats	09:00	3	Normal	0
18) 50 Freestyle Boys	A	Heats	09:08	3	Normal	0
19) 200 Breaststroke Girls	A	Heats	09:16	2	Normal	0
20) 200 Breaststroke Boys	A	Heats	09:26	3	Normal	0
Victory ceremony 500 Free			09:40			
21) 100 Backstroke Girls	A	Heats	09:50	3	Normal	0
22) 100 Backstroke Boys	A	Heats	10:00	2	Normal	0
Victory ceremony 200 Breast			10:07			
23) 800 Freestyle Girls	A	Heats	10:17	2	Normal	0
24) 1500 Freestyle Boys	A	Heats	10:41	3	Normal	0
Victory ceremony 100 Back			11:39			



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## 3) 3. Session

Start of session: 09:00

Warm-up: 08:00 - 08:50

Discipline	Category	Type	Start	Heats	Seeding	Reserves
25) 4x100 Medley Relay Mixed	A, A	Heats	11:49	1	Normal	0
Victory ceremony 800 Free, 1500 Free and 4x100relay mixed			11:56			
End of the third half day			12:11			

## 4) 4. Session

Start of session: 16:00

Warm-up: 15:00 - 15:50

Discipline	Category	Type	Start	Heats	Seeding	Reserves
26) 200 Freestyle Girls	A	Heats	16:00	3	Normal	0
27) 200 Freestyle Boys	A	Heats	16:13	3	Normal	0
28) 200 Butterfly Girls	A	Heats	16:26	2	Normal	0
29) 200 Butterfly Boys	A	Heats	16:36	2	Normal	0
Victory ceremony 200 Free			16:45			
30) 200 Individual Medley Girls	A	Heats	16:55	3	Normal	0
31) 200 Individual Medley Boys	A	Heats	17:09	3	Normal	0
Victory ceremony 200 Fly			17:22			
32) 4x100 Freestyle Relay Girls	A	Heats	17:32	1	Normal	0
33) 4x100 Freestyle Relay Boys	A	Heats	17:39	1	Normal	0
Victory ceremony 200 IM and 4x100 Free relay			17:45			
End of race			18:00			

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