

SWIMMIMG











NAPOLI e PROVINCIA

TRAINING

from 29 june to 3 july

WARM UP & COMPETITION from 5 to 13 july

VENUES

Piscina Scandone - Napoli









| DATE | SESSION | TIME | EVENT | GENDER | PHASE |
|------------------|---------|-------|------------------------|--------|----------------|
| | | | 400m Freestyle | Men | |
| | | | 50m Butterfly | Women | |
| | | | 100m Backstroke | Men | |
| | | | 400m Individual Medley | Women | |
| | 9:30 | | 100m Breaststroke | Men | HEATS |
| | | | 200M Backstroke | Women | |
| | | | 50 Butterfly | Men | |
| | | | 4x100m Freestyle | Women | |
| | | | 4x100m Freestyle | Men | |
| | 18:00 | 18:02 | 400m freestyle | Men | Final |
| Thursday, July 4 | | 18:10 | 50m Butterfly | Women | Semi Finals |
| Thursday, July 4 | | 18:17 | 100m Backstroke | Men | Semi Finais |
| | | 18:25 | 400m Individual Medley | Women | Final |
| | | 18:33 | 400m Freestyle | Men | Medal AC |
| | | 18:41 | 100m Breaststroke | Men | Semi Finals |
| | | 18:46 | 200M Backstroke | Women | Sellii Filidis |
| | | 18:54 | 400m Individual Medley | Women | Medal AC |
| | | 19:02 | 50m Butterfly | Men | Semi Finals |
| | | 19:09 | 4x100m Freestyle | Women | Final |
| | | 19:19 | 4x100m Freestyle | Men | Filldl |
| | | 19:29 | 4x100m Freestyle | Women | Medal AC |
| | | 19:37 | 4x100m Freestyle | Men | Miedal AC |







| DATE | SESSION | TIME | EVENT | GENDER | PHASE |
|----------------|---------|-------|------------------------|--------|------------|
| | | | 200m Freestyle | Men | |
| | | | 100m Breaststroke | Women | |
| | 9:30 | | 200m Individual Medley | Men | HEATS |
| | | | 100m Freestyle | Women | |
| | | | 1500m Freestyle | Men | |
| | | 18:02 | 50m Butterfly | Men | Final |
| | 18:00 | 18:07 | 100m Freestyle | Women | SemiFinals |
| | | 18:15 | 100m Backstroke | Men | Final |
| | | 18:21 | 50m Butterfly | Men | Medal AC |
| Friday, July 5 | | 18:29 | 50m Butterfly | Women | Final |
| | | 18:34 | 100m Breaststroke | Men | FINAL |
| | | 18:39 | 100m Backstroke | Men | Medal AC |
| | | 18:47 | 100m Breaststroke | Women | SemiFinals |
| | | 18:55 | 200m Individual Medley | Men | Semirinais |
| | | 19:06 | 50m Butterfly | Women | Medal AC |
| | | 19:14 | 200m Backstroke | Women | Final |
| | | 19:19 | 200m Freestyle | Men | SemiFinals |
| | | 19:30 | 100m Breaststroke | Men | Madal AC |
| | | 19:38 | 200m Backstroke | Women | Medal AC |









| DATE | SESSION | TIME | EVENT | GENDER | PHASE | |
|------------------|---------|-------|------------------------|-------------------|------------|--------|
| | 9:30 | | 200m Butterfly | Men | | |
| | | | 200m Individual Medley | Women | | |
| | | | 200m Breaststroke | Men | HEATS | |
| | | | 100m Backstroke | Women | | |
| | | | 50m Backstroke | Men | | |
| | | 18:01 | 1500m Freestyle | Men | Final | |
| | | 18:22 | 200m Breaststroke | Men | SemiFinals | |
| | 18:00 | 18:32 | 200m Individual Medley | Women | Semirinais | |
| | | 18:43 | 1500m Freestyle | Men | Medal AC | |
| Caturday July 6 | | 18:51 | 200m freestyle | Men | Final | |
| Saturday, July 6 | | | 18:57 | 100m Breaststroke | Women | FIIIdi |
| | | 19:03 | 200m Butterfly | Men | SemiFinals | |
| | | 19:13 | 200m freestyle | Men | Medal AC | |
| | | 19:21 | 100m freestyle | Women | Final | |
| | | 19:26 | 200m Individual Medley | Men | FIIIdi | |
| | | 19:33 | 100m Breaststroke | Women | Medal AC | |
| | | 19:41 | 100m Backstroke | Women | SemiFinals | |
| | | 19:49 | 50m Backstroke | Men | Semirinais | |
| | | 19:56 | 100m freestyle | Women | Medal AC | |
| | | 20:04 | 200m Individual Medley | Men | Medal AC | |







| DATE | SESSION | TIME | EVENT | GENDER | PHASE |
|----------------|---------|-------|------------------------|--------|------------|
| | 9:30 | | 200m Breaststroke | Men | |
| | | | 100m Freestyle | Women | |
| | | | 100m Butterfly | Men | HEATS |
| | | | 800m Freestyle | Women | |
| | | | 4x200m Freestyle | Men | |
| | | 18:02 | 1500m Freestyle | Women | Final |
| | | 18:22 | 200m Individual Medley | Women | Final |
| | | 18:29 | 100m Freestyle | Men | SemiFinals |
| | 18:00 | 18:36 | 1500m Freestyle | Women | Medal AC |
| | | 18:44 | 100m Butterfly | Women | SemiFinals |
| 6 1 117 | | 18:52 | 200m Individual Medley | Women | Medal AC |
| Sunday, July 7 | | 19:00 | 200m Breaststroke | Men | Final |
| | | 19:08 | 100m Backstroke | Women | Final |
| | | 19:13 | 200m Butterfly | Men | Final |
| | | 19:21 | 200m Breaststroke | Men | Medal AC |
| | | 19:29 | 200m Breaststroke | Women | SemiFinals |
| | | 19:40 | 50m Backstroke | Men | Final |
| | | 19:45 | 100m Backstroke | Women | Medal AC |
| | | 19:53 | 4x200m Freestyle | Women | Final |
| | | 20:05 | 200m Butterfly | Men | Medal AC |
| | | 20:13 | 50m Backstroke | Men | Medal AC |
| | | 20:21 | 4x200m Freestyle | Women | Medal AC |









| DATE | SESSION | TIME | EVENT | GENDER | PHASE | | |
|----------------|----------------|-------|-------------------|--------|----------------|-------|-------|
| | | | 200m Backstroke | Men | | | |
| | | | 200m Freestyle | Women | | | |
| | 0.20 | | 100m Butterfly | Men | HEATS | | |
| | 9:30 | | 50m Backstroke | Women | HEAIS | | |
| | | | 50m Breaststroke | Men | | | |
| | | | 800m Freestyle | Women | | | |
| | Monday, July 8 | 18:02 | 800m Freestyle | Men | Final | | |
| | | 18:13 | 200m Freestyle | Women | SemiFinals | | |
| | | 18:23 | 100m Butterfly | Men | Semirinais | | |
| Monday, July 8 | | 18:31 | 800m Freestyle | Men | Medal AC | | |
| | | 18:39 | 200m Breaststroke | Women | Final | | |
| | | 18:46 | 100m Freestyle | Men | Final | | |
| | | 18:51 | 50m Backstroke | Women | SemiFinals | | |
| | | 18:57 | 200m Backstroke | Men | Sellifiliais | | |
| | | 19:08 | 200m Breaststroke | Women | Medal AC | | |
| | | 19:16 | 100m Freestyle | Men | Medal AC | | |
| | | | 19 | 19:24 | 100m Butterfly | Women | Final |
| | | 19:29 | 50m Breaststroke | Men | SemiFinals | | |
| | | 19:36 | 100m Butterfly | Women | Medal AC | | |







| DATE | SESSION | TIME | EVENT | GENDER | PHASE |
|-----------------|---------|-------|------------------|--------|------------|
| | | | | Women | |
| | | | | Men | |
| | 9:30 | | | Women | HEATS |
| | | | | Women | |
| | | | | Men | |
| | | 18:02 | 800m Freestyle | Women | Final |
| | | 18:13 | 50m Breaststroke | Women | SemiFinals |
| | | 18:19 | 100m Butterfly | Men | Final |
| | 18:00 | 18:24 | 200m Freestyle | Women | Final |
| | | 18:31 | 800m Freestyle | Women | Medal AC |
| | | 18:39 | 50m Freestyle | Men | SemiFinals |
| Tuesday, July 9 | | 18:46 | 100m Butterfly | Men | Medal AC |
| | | 18:54 | 200m Freestyle | Women | Medal AC |
| | | 19:04 | 50m Backstroke | Women | Final |
| | | 19:09 | 200m Backstroke | Men | Final |
| | | 19:17 | 200m Butterfly | Women | SemiFinals |
| | | 19:28 | 50m Breaststroke | Men | Final |
| | | 19:34 | 50m Backstroke | Women | Medal AC |
| | | 19:42 | 200m Backstroke | Men | Medal AC |
| | | 19:50 | 50m Freestyle | Women | SemiFinals |
| | | 19:57 | 4x200m Freestyle | Men | Final |
| | | 20:09 | 50m Freestyle | Men | Medal AC |
| | | 20:17 | 4x200m Freestyle | Men | Medal AC |







| DATE | SESSION | TIME | EVENT | GENDER | PHASE |
|--------------------|---------|-------|------------------------|--------|----------|
| | 9:30 | | 400m Freestyle | Women | |
| | | | 400m Individual Medley | Men | HEATS |
| | | | 4x100m Medley Relay | Women | HEALS |
| | | | 4x100m Medley Relay | Men | |
| | | 18:02 | 50m Freestyle | Women | Final |
| | | 18:07 | 50m Freestyle | Men | Final |
| | | 18:12 | 50m Breaststroke | Women | Final |
| | 18:00 | 18:17 | 200m Butterfly | Women | Final |
| | | 18:23 | 50m Freestyle | Women | Medal AC |
| Wadnasday July 10 | | 18:31 | 50m Freestyle | Men | Medal AC |
| Wednesday, July 10 | | 18:39 | 400m Individual Medley | Men | Final |
| | | 18:48 | 50m Breaststroke | Women | Medal AC |
| | | 18:56 | 200m Butterfly | Women | Medal AC |
| | | 19:04 | 400m Freestyle | Women | Final |
| | | 19:13 | 400m Individual Medley | Men | Medal AC |
| | | 19:21 | 4x100m Medley Relay | Women | Final |
| | | 19:30 | 4x100m Medley Relay | Men | Final |
| | | 19:39 | 400m Freestyle | Women | Medal AC |
| | | 19:47 | 4x100m Medley Relay | Women | Medal AC |
| | | 19:55 | 4x100m Medley Relay | Men | Medal AC |



