



### Provisional Timing

DAY I a.m.	TIME	EVENTS			
Friday 21 June Start at 10:00 a.m.		Heats	50m backstroke	W	6
		Heats	50m backstroke	M	5
		Heats	400m freestyle	W	3
		Heats	400m freestyle	M	6
		Heats	100m breaststroke	W	6
		Heats	100m breaststroke	M	7
		Heats	50m fly	W	5
		Heats	100m fly	M	6
		Heats	50m freestyle	W	8
		Heats	50m freestyle	M	8
		End of the morning session			
DAY I p.m.	TIME	EVENTS			
Friday 21 June Start at 6:45 p.m.	6:45 p.m.	Final B	400m freestyle	W	
	6:51 p.m.	Final B	400m freestyle	M	
	6:57 p.m.	Final B	50m backstroke	W	
	7:00 p.m.	Final A	50m backstroke	W	
	7:02 p.m.	Final B	50m backstroke	M	
	7:04 p.m.	Final A	50m backstroke	M	
	7:06 p.m.	Final A	400m freestyle	W	
	7:12 p.m.	Final A	400m freestyle	M	
	7:18 p.m.	Awards Ceremony	50m Backstroke	W	
		Awards Ceremony	50m Backstroke	M	
	7:24 p.m.	Final B	100m breaststroke	W	
	7:28 p.m.	Final A	100m breaststroke	W	
	7:32 p.m.	Awards Ceremony	400m freestyle	W	
		Awards Ceremony	400m freestyle	M	
	7:40 p.m.	Final B	100m breaststroke	M	
	7:44 p.m.	Final A	100m breaststroke	M	
	7:48 p.m.	Final B	50m fly	W	
	7:51 p.m.	Final A	50m fly	W	
	7:54 p.m.	Final B	100m fly	M	
	7:58 p.m.	Final A	100m fly	M	
	8:02 p.m.	Awards Ceremony	100m breaststroke	W	
		Awards Ceremony	100m breaststroke	M	
	8:08 p.m.	Final B	50m freestyle	W	
	8:11 p.m.	Final A	50m freestyle	W	
	8:14 p.m.	Awards Ceremony	50m fly	W	
		Awards Ceremony	100m fly	M	
	8:22 p.m.	Final B	50m freestyle	M	
	8:25 p.m.	Final A	50m freestyle	M	
	8:30 p.m.	Fast Heat	1500m freestyle	W	
	8:50 p.m.	Awards Ceremony	50m freestyle	W	
		Awards Ceremony	50m freestyle	M	
		Awards Ceremony	1500m freestyle	W	
	9:05 p.m.	End of the first competition day			



# INTERNAZIONALI DI NUOTO

## 56° SETTECOLLI

DAY II a.m.		TIME	EVENTS		
Saturday 22 June Start at 10:00 a.m.		Heats	100m fly	W	5
		Heats	200m fly	M	5
		Heats	100m backstroke	W	6
		Heats	100m backstroke	M	5
		Heats	400m IM	W	4
		Heats	400m IM	M	4
		Heats	100m freestyle	W	8
		Heats	100m freestyle	M	10
		Heats	50m breaststroke	W	4
		Heats	50m breaststroke	M	7
		Slow Heat	800m freestyle	W	1
		Slow Heat	800m freestyle	M	1
		End of the morning session			
	DAY II p.m.		TIME	EVENTS	
Saturday 22 June Start at 6:45 p.m.	6:45 p.m.	Final B	100m fly	W	
	6:48 p.m.	Final B	200m fly	M	
	6:52 p.m.	Final B	100m backstroke	W	
	6:56 p.m.	Final B	100m backstroke	M	
	7:00 p.m.	Final B	400m IM	W	
	7:06 p.m.	Final B	400m IM	M	
	7:12 p.m.	Final B	100m freestyle	W	
	7:16 p.m.	Final B	100m freestyle	M	
	7:20 p.m.	Final B	50m Breaststroke	W	
	7:23 p.m.	Final B	50m Breaststroke	M	
	7:30 p.m.	FINP	100m freestyle	W	
	7:34 p.m.	FINP	100m freestyle	M	
	7:38 p.m.	Final A	100m fly	W	
	7:42 p.m.	Final A	200m fly	M	
	7:46 p.m.	Awards Ceremony	FINP 100m freestyle	W	
		Awards Ceremony	FINP 100m freestyle	M	
	7:52 p.m.	Final A	100m backstroke	W	
	7:55 p.m.	Final A	100m backstroke	M	
	7:58 p.m.	Final A	400m IM	W	
	8:04 p.m.	Final A	400m IM	M	
	8:10 p.m.	Awards Ceremony	100m fly	W	
		Awards Ceremony	200m fly	M	
		Awards Ceremony	100m backstroke	W	
		Awards Ceremony	100m backstroke	M	
	8:20 p.m.	Final A	100m freestyle	W	
	8:23 p.m.	Final A	100m freestyle	M	
	8:26 p.m.	Final A	50m Breaststroke	W	
	8:28 p.m.	Final A	50m Breaststroke	M	
	8:30 p.m.	Fast Heat	800m freestyle	W	
	8:40 p.m.	Fast Heat	800m freestyle	M	
	8:50 p.m.	Awards Ceremony	400m IM	W	
		Awards Ceremony	400m IM	M	
		Awards Ceremony	100m freestyle	W	
	Awards Ceremony	100m freestyle	M		
	Awards Ceremony	50m breaststroke	W		
	Awards Ceremony	50m breaststroke	M		
	Awards Ceremony	800m freestyle	W		
	Awards Ceremony	800m freestyle	M		
9:10 p.m.	End of the second competition day				



# INTERNAZIONALI DI NUOTO

## 56° SETTECOLLI

DAY III a.m.	TIME	EVENTS			
<b>Sunday 23 June</b> Start at 09:30 a.m.		Heats	200m backstroke	M	5
		Heats	200m backstroke	W	4
		Heats	50m fly	M	5
		Heats	200m fly	W	3
		Heats	200m breaststroke	M	5
		Heats	200m breaststroke	W	5
		Heats	200m freestyle	M	8
		Heats	200m freestyle	W	6
		Heats	200m IM	M	5
		Heats	200m IM	W	4
		Slow Heat	1500m freestyle	M	1
		End of the morning session			
DAY III p.m.	TIME	EVENTS			
<b>Sunday 23 June</b> Start at 6:45 p.m.	6:45 p.m.	Final B	200m backstroke	M	
	6:49 p.m.	Final B	200m backstroke	W	
	6:53 p.m.	Final B	50m fly	M	
	6:55 p.m.	Final B	200m fly	W	
	7:00 p.m.	Final A	200m backstroke	M	
	7:04 p.m.	Final A	200m backstroke	W	
	7:08 p.m.	Final A	50m fly	M	
	7:11 p.m.	Final A	200m fly	W	
	7:15 p.m.	Awards Ceremony	200m backstroke	M	
		Awards Ceremony	200m backstroke	W	
	7:22 p.m.	Final B	200m breaststroke	M	
	7:26 p.m.	Final A	200m breaststroke	M	
	7:30 p.m.	Final B	200m breaststroke	W	
	7:34 p.m.	Final A	200m breaststroke	W	
	7:38 p.m.	Awards Ceremony	50m fly	M	
		Awards Ceremony	200m fly	W	
	7:45 p.m.	Final B	200m freestyle	M	
	7:49 p.m.	Final A	200m freestyle	M	
	7:53 p.m.	Final B	200m freestyle	W	
	7:58 p.m.	Final A	200m freestyle	W	
	8:02 p.m.	Awards Ceremony	200m breaststroke	M	
		Awards Ceremony	200m breaststroke	W	
	8:09 p.m.	Final B	200m IM	M	
	8:13 p.m.	Final A	200m IM	M	
	8:17 p.m.	Final B	200m IM	W	
	8:21 p.m.	Final A	200m IM	W	
	8:25 p.m.	Fast Heat	1500m freestyle	M	
	8:45 p.m.	Awards Ceremony	200m freestyle	M	
		Awards Ceremony	200m freestyle	W	
		Awards Ceremony	200m IM	M	
		Awards Ceremony	200m IM	W	
		Awards Ceremony	1500m freestyle	M	
Awards Ceremony		Top Ten Performers			
Awards Ceremony		Seven Hills Trophy			
9:05 p.m.	End of the competition				