



Provisional Timing "Sette Colli" 2020

DAY	TIME		EVENTS		
DAY I a.m.					
Tuesday 11 August	9:00 a.m.	Heats	50m backstroke	M	4
	9:08 a.m.	Heats	400m freestyle	M	2
	9:18 a.m.	Heats	100m breaststroke	M	3
	9:24 a.m.	Heats	100m fly	M	3
	9:30 a.m.	Heats	50m freestyle	M	4
	9:40 a.m.	End I Morning session			
	11:30 a.m.	Heats	50m fly	W	4
	11:36 a.m.	Heats	400m freestyle	W	2
	11:46 a.m.	Heats	100m breaststroke	W	4
	11:54 a.m.	Heats	50m backstroke	W	4
	12:00 p.m.	Heats	50m freestyle	W	5
	12:08 p.m.	Slow Heat	1500m freestyle	W	1
	12:28 p.m.	End II Morning Session			
DAY I p.m.					
Tuesday 11 August	7:00 p.m.	Heat 2	50m fly	W	
	7:03 p.m.	Heat 1	50m fly	W	
	7:06 p.m.	Heat 2	50m backstroke	M	
	7:09 p.m.	Heat 1	50m backstroke	M	
	7:12 p.m.	Heat 2	400m freestyle	W	
	7:18 p.m.	Heat 1	400m freestyle	W	
	7:24 p.m.	Awards Ceremony	50m fly	W	
	7:29 p.m.	Heat 2	400m freestyle	M	
	7:35 p.m.	Heat 1	400m freestyle	M	
	7:41 p.m.	Awards Ceremony	50m Backstroke	M	
	7:46 p.m.	Heat 2	100m breaststroke	W	
	7:50 p.m.	Heat 1	100m breaststroke	W	
	7:54 p.m.	Awards Ceremony	400m freestyle	W	
	7:59 p.m.	Heat 2	100m breaststroke	M	
	8:03 p.m.	Heat 1	100m breaststroke	M	
	8:07 p.m.	Awards Ceremony	400m freestyle	M	
	8:12 p.m.	Heat 2	50m backstroke	W	
	8:15 p.m.	Heat 1	50m backstroke	W	
	8:18 p.m.	Heat 2	100m fly	M	
	8:22 p.m.	Heat 1	100m fly	M	
	8:26 p.m.	Awards Ceremony	100m breaststroke	W	
		Awards Ceremony	100m breaststroke	M	
	8:35 p.m.	Heat 2	50m freestyle	W	
	8:38 p.m.	Heat 1	50m freestyle	W	
	8:41 p.m.	Awards Ceremony	50m Backstroke	W	
		Awards Ceremony	100m fly	M	
	8:50 p.m.	Heat 2	50m freestyle	M	
	8:53 p.m.	Heat 1	50m freestyle	M	
	8:56 p.m.	Fast Heat	1500m freestyle	W	
	9:15 p.m.	Awards Ceremony	50m freestyle	W	
		Awards Ceremony	50m freestyle	M	
		Awards Ceremony	1500m freestyle	W	
	9:30 p.m.	End First Day Competitions			



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DAY II a.m.	TIME		EVENTS			
Wednesday 12 August	9:00 a.m.	Heats	100m fly	W	4	
	9:08 a.m.	Heats	100m backstroke	W	3	
	9:17 a.m.	Heats	400m IM	W	1	
	9:23 a.m.	Heats	100m freestyle	W	5	
	9:33 a.m.	Heats	50m breaststroke	W	2	
	9:38 a.m.	Slow Heats	800m freestyle	W	2	
	10:00 a.m.	End I Morning session				
	11:30 a.m.	Heats	200m fly	M	2	
	11:36 a.m.	Heats	100m backstroke	M	3	
	11:45 a.m.	Heats	400m IM	M	1	
	11:51 a.m.	Heats	100m freestyle	M	4	
	11:59 a.m.	Heats	50m breaststroke	M	3	
	12:05 p.m.	Slow Heat	800m freestyle	M	1	
	12:15 p.m.	End II Morning Session				
	DAY II p.m.	TIME		EVENTS		
	Wednesday 12 August	7:00 p.m.	Heat 2	100m fly	W	
7:04 p.m.		Heat 1	100m fly	W		
7:08 p.m.		Heat 2	200m fly	M		
7:13 p.m.		Heat 1	200m fly	M		
7:18 p.m.		Heat 2	100m backstroke	W		
7:22 p.m.		Heat 1	100m backstroke	W		
7:26 p.m.		Heat 2	100m backstroke	M		
7:30 p.m.		Heat 1	100m backstroke	M		
7:34 p.m.		Awards Ceremony	100m fly	W		
		Awards Ceremony	200m fly	M		
7:43 p.m.		Heat 2	400m IM	W		
7:49 p.m.		Heat 1	400m IM	W		
7:55 p.m.		Heat 2	400m IM	M		
8:01 p.m.		Heat 1	400m IM	M		
8:07 p.m.		Awards Ceremony	100m backstroke	W		
		Awards Ceremony	100m backstroke	M		
8:15 p.m.		Heat 2	100m freestyle	W		
8:19 p.m.		Heat 1	100m freestyle	W		
8:23 p.m.		Heat 2	100m freestyle	M		
8:27 p.m.		Heat 1	100m freestyle	M		
8:31 p.m.		Awards Ceremony	400m IM	W		
		Awards Ceremony	400m IM	M		
8:40 p.m.		Heat 2	50m Breaststroke	W		
8:42 p.m.		Heat 1	50m Breaststroke	W		
8:45 p.m.		Heat 2	50m Breaststroke	M		
8:47 p.m.		Heat 1	50m Breaststroke	M		
8:50 p.m.		Awards Ceremony	100m freestyle	W		
		Awards Ceremony	100m freestyle	M		
8:58 p.m.		Fast Heat	800m freestyle	W		
9:08 p.m.		Fast Heat	800m freestyle	M		
9:18 p.m.		Awards Ceremony	50m breaststroke	W		
		Awards Ceremony	50m breaststroke	M		
		Awards Ceremony	800m freestyle	W		
	Awards Ceremony	800m freestyle	M			
9:30 p.m.	End Second Day Competitions					



Provisional Timing "Sette Colli" 2020

DAY III a.m.	TIME		EVENTS			
Thursday 13 August	9:00 a.m.	Heats	200m backstroke	W	3	
	9:10 a.m.	Heats	200m fly	W	2	
	9:16 a.m.	Heats	200m breaststroke	W	3	
	9:26 a.m.	Heats	200m freestyle	W	3	
	9:35 a.m.	Heats	200m IM	W	2	
	9:45 a.m.	End I Morning session				
	11:30 a.m.	Heats	200m backstroke	M	3	
	11:40 a.m.	Heats	50m fly	M	3	
	11:45 a.m.	Heats	200m breaststroke	M	2	
	11:52 a.m.	Heats	200m freestyle	M	3	
	12:01 p.m.	Heats	200m IM	M	2	
	12:08 p.m.	Slow Heat	1500m freestyle	M	1	
	12:30 p.m.	End II Morning Session				
	DAY III p.m.	TIME		EVENTS		
	Thursday 13 August	7:00 p.m.	Heat 2	200m backstroke	M	
7:04 p.m.		Heat 1	200m backstroke	M		
7:09 p.m.		Heat 2	200m backstroke	W		
7:13 p.m.		Heat 1	200m backstroke	W		
7:18 p.m.		Heat 2	50m fly	M		
7:20 p.m.		Heat 1	50m fly	M		
7:23 p.m.		Heat 2	200m fly	W		
7:28 p.m.		Heat 1	200m fly	W		
7:33 p.m.		Awards Ceremony	200m backstroke	M		
		Awards Ceremony	200m backstroke	W		
7:42 p.m.		Heat 2	200m breaststroke	M		
7:47 p.m.		Heat 1	200m breaststroke	M		
7:52 p.m.		Heat 2	200m breaststroke	W		
7:57 p.m.		Heat 1	200m breaststroke	W		
8:02 p.m.		Awards Ceremony	50m fly	M		
		Awards Ceremony	200m fly	W		
8:11 p.m.		Heat 2	200m freestyle	M		
8:16 p.m.		Heat 1	200m freestyle	M		
8:21 p.m.		Heat 2	200m freestyle	W		
8:25 p.m.		Heat 1	200m freestyle	W		
8:30 p.m.		Awards Ceremony	200m breaststroke	M		
		Awards Ceremony	200m breaststroke	W		
8:39 p.m.		Heat 2	200m IM	M		
8:44 p.m.		Heat 1	200m IM	M		
8:49 p.m.		Heat 2	200m IM	W		
8:54 p.m.		Heat 1	200m IM	W		
8:59 p.m.		Awards Ceremony	200m freestyle	M		
		Awards Ceremony	200m freestyle	W		
9:08 p.m.		Fast Heat	1500m freestyle	M		
9:25 p.m.		Awards Ceremony	200m IM	M		
	Awards Ceremony	200m IM	W			
	Awards Ceremony	1500m freestyle	M			
	Awards Ceremony	Seven Hills Trophy				
	Awards Ceremony	Italian Clubs Ranking				
	9:40 p.m.	End of the Meet				