

Provisional Timing "Sette Colli" 2023

DAY I a.m.	TIME		EVENTS		
Friday 23 June	10:00	Heats	100m backstroke	M	7
	10:18	Heats	50m backstroke	W	6
	10:28	Heats	400m freestyle	M	6
	10:57	Heats	200m freestyle	W	7
	11:17	Heats	100m breaststroke	M	6
	11:29	Heats	100m breaststroke	W	7
	11:42	Heats	100m fly	M	9
	12:00	Heats	50m fly	W	7
	12:10	Heats	50m freestyle	M	8
	12:20	Slow Heats	1500m freestyle	W	1
	13:00	End Morning Session Day 1			
DAY I p.m.	TIME		EVENTS		
Friday 23 June	18:00	Final B	100m backstroke	M	
	18:04	Final A	100m backstroke	M	
	18:09	Final B	50m backstroke	W	
	18:13	Final A	50m backstroke	W	
	18:17	Final B	400m freestyle	M	
	18:23	Final A	400m freestyle	M	
	18:30	Final C (italian swimmers only)	200m freestyle	W	
	18:34	Final B	200m freestyle	W	
	18:38	Final A	200m freestyle	W	
	18:43	Awards Ceremony	100m backstroke	M	
	18:47	Awards Ceremony	50m backstroke	W	
	18:51	Final B	100m breaststroke	M	
	18:54	Final A	100m breaststroke	M	
	18:57	Final B	100m breaststroke	W	
	19:00	Final A	100m breaststroke	W	
	19:03	Awards Ceremony	400m freestyle	M	
	19:07	Awards Ceremony	200m freestyle	W	
	19:12	Final B	100m fly	M	
	19:14	Final A	100m fly	M	
	19:17	Final B	50m fly	W	
	19:20	Final A	50m fly	W	
	19:23	Final B	50m freestyle	M	
	19:26	Final A	50m freestyle	M	
	19:29	Awards Ceremony	100m breaststroke	M	
	19:33	Awards Ceremony	100m breaststroke	W	
	19:39	Fast Heat	1500m freestyle	W	
	20:00	Awards Ceremony	100m fly	M	
	20:04	Awards Ceremony	50m fly	W	
	20:08	Awards Ceremony	50m freestyle	M	
	20:12	Awards Ceremony	1500m freestyle	W	
	20:20 p.m.	End Evening Session Day 1			

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DAY II a.m.	TIME		EVENTS			
Saturday 24 June	10:00	Heats	100m fly	W	7	
	10:14	Heats	200m fly	M	5	
	10:28	Heats	100m backstroke	W	6	
	10:41	Heats	50m backstroke	M	7	
	10:50	Heats	400m IM	W	3	
	11:13	Heats	400m IM	M	4	
	11:35	Heats	100m freestyle	W	8	
	11:54	Heats	100m freestyle	M	9	
	12:13	Heats	50m breaststroke	W	6	
	12:22	Heats	50m breaststroke	M	6	
	12:30	Slow Heat	800m freestyle	W	1	
	12:40	Slow Heats	800m freestyle	M	2	
	13:00	End Morning Session Day 2				
	DAY II p.m.	TIME		EVENTS		
	Saturday 24 June	17:45	Final B	100m fly	W	
17:48		Final B	200m fly	M		
17:52		Final B	100m backstroke	W		
17:56		Final B	50m backstroke	M		
18:00		FINP	100m freestyle	W		
18:04		FINP	100m freestyle	M		
18:08		Final A	100m fly	W		
18:12		Final A	200m fly	M		
18:16		Final A	100m backstroke	W		
18:20		Final A	50m backstroke	M		
18:23		Awards Ceremony	100m freestyle FINP	W		
18:28		Awards Ceremony	100m freestyle FINP	M		
18:33		Awards Ceremony	100m fly	W		
18:37		Awards Ceremony	200m fly	M		
18:40		Final A	400m IM	W		
18:46		Final A	400m IM	M		
18:52		Awards Ceremony	100m backstroke	W		
18:56		Awards Ceremony	50m backstroke	M		
19:00		Final C (italian swimmers only)	100m freestyle	W		
19:04		Final B	100m freestyle	W		
19:07		Final A	100m freestyle	W		
19:11		Final C (italian swimmers only)	100m freestyle	M		
19:14		Final B	100m freestyle	M		
19:17		Final A	100m freestyle	M		
19:21		Final B	50m breaststroke	W		
19:23		Final A	50m breaststroke	W		
19:26		Final B	50m breaststroke	M		
19:29		Final A	50m breaststroke	M		
19:32		Awards Ceremony	100m freestyle	W		
19:36		Awards Ceremony	100m freestyle	M		
19:40		Fast Heat	800m freestyle	W		
19:50		Fast Heat	800m freestyle	M		
20:00		Final B	400m IM	W		
20:06		Final B	400m IM	M		
20:12		Awards Ceremony	50m breaststroke	W		
20:16		Awards Ceremony	50m breaststroke	M		
20:20		Awards Ceremony	800m freestyle	W		
20:24		Awards Ceremony	800m freestyle	M		
20:28		Awards Ceremony	400m IM	W		
20:32		Awards Ceremony	400m IM	M		
20:40	End Evening Session Day 2					

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DAY III a.m.	TIME		EVENTS			
Sunday 25 June	9:30	Heats	50m freestyle	W	8	
	9:40	Heats	200m backstroke	M	5	
	9:57	Heats	200m backstroke	W	4	
	10:13	Heats	50m fly	M	8	
	10:23	Heats	200m fly	W	5	
	10:38	Heats	200m breaststroke	M	6	
	10:56	Heats	200m breaststroke	W	5	
	11:11	Heats	200m freestyle	M	7	
	11:32	Heats	400m freestyle	W	4	
	11:52	Heats	200m IM	M	5	
	12:10	Heats	200m IM	W	3	
	12:30	Slow Heats	1500m freestyle	M	1	
	13:10	End Morning Session Day 3				
	DAY III p.m.	TIME		EVENTS		
Sunday 25 June	18:00	Final B	50m freestyle	W		
	18:03	Final A	50m freestyle	W		
	18:06	Final B	200m backstroke	M		
	18:10	Final A	200m backstroke	M		
	18:14	Final B	200m backstroke	W		
	18:18	Final A	200m backstroke	W		
	18:22	Final B	50m fly	M		
	18:25	Final A	50m fly	M		
	18:30	Awards Ceremony	50m freestyle	W		
	18:34	Awards Ceremony	200m backstroke	M		
	18:38	Final B	200m fly	W		
	18:42	Final A	200m fly	W		
	18:46	Final B	200m breaststroke	M		
	18:50	Final A	200m breaststroke	M		
	18:54	Final B	200m breaststroke	W		
	18:58	Final A	200m breaststroke	W		
	19:02	Final C (italian swimmers only)	200m freestyle	M		
	19:06	Final B	200m freestyle	M		
	19:10	Final A	200m freestyle	M		
	19:14	Awards Ceremony	200m backstroke	W		
	19:17	Awards Ceremony	50m fly	M		
	19:20	Awards Ceremony	200m fly	W		
	19:24	Final B	400m freestyle	W		
	19:30	Final A	400m freestyle	W		
	19:36	Awards Ceremony	200m breaststroke	M		
	19:40	Awards Ceremony	200m breaststroke	W		
	19:44	Final B	200m IM	M		
	19:48	Final A	200m IM	M		
	19:52	Final B	200m IM	W		
	19:56	Final A	200m IM	W		
	20:00	Awards Ceremony	200m freestyle	M		
	20:04	Awards Ceremony	400m freestyle	W		
20:08	Fast Heat	1500m freestyle	M			
20:27	Awards Ceremony	200m IM	M			
20:31	Awards Ceremony	200m IM	W			
20:35	Awards Ceremony	1500m freestyle	M			
		Awards Ceremony	Top Ten Performers			
		Awards Ceremony	Seven Hills Trophy			
	20:45	End of the Meet				