

Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2022
Szczecin, 4 - 6-11-2022

Schedule Session No. 1 - I Blok

2022-11-04 - 16:00

Warmup: 14:30 until 15:30

16:00	1.	100m Freestyle	Women	Timed Final	Open	0:22	5 Heats	42
16:22	2.	100m Freestyle	Men	Timed Final	Open	0:36	8 Heats	78
16:58	3.	50m Breaststroke	Women	Timed Final	Open	0:12	3 Heats	23
17:10	4.	50m Breaststroke	Men	Timed Final	Open	0:20	5 Heats	42
17:30	1.	100m Freestyle	Women	Medal ceremony		0:04		
17:34	2.	100m Freestyle	Men	Medal ceremony		0:04		
17:38	5.	50m Butterfly	Women	Timed Final	Open	0:06	2 Heats	15
17:44	6.	50m Butterfly	Men	Timed Final	Open	0:10	3 Heats	28
17:54	3.	50m Breaststroke	Women	Medal ceremony		0:04		
17:58	4.	50m Breaststroke	Men	Medal ceremony		0:04		
18:02	7.	100m Backstroke	Women	Timed Final	Open	0:15	3 Heats	29
18:17	8.	100m Backstroke	Men	Timed Final	Open	0:30	6 Heats	58
18:47	5.	50m Butterfly	Women	Medal ceremony		0:04		
18:51	6.	50m Butterfly	Men	Medal ceremony		0:04		
18:55	9.	4 x 100m Medley	Women	Timed Final	Open	0:07	1 Heat	4
19:02	10.	4 x 100m Medley	Men	Timed Final	Open	0:10	1 Heat	7
19:12	7.	100m Backstroke	Women	Medal ceremony		0:04		
19:16	8.	100m Backstroke	Men	Medal ceremony		0:04		
19:20	End of session				Total duration	3:20		

Schedule Session No. 2 - II Blok

2022-11-05 - 10:00

Warmup: 8:45 until 9:45

10:00	9.	4 x 100m Medley	Women	Medal ceremony		0:04		
10:04	10.	4 x 100m Medley	Men	Medal ceremony		0:04		
10:08	11.	100m Breaststroke	Women	Timed Final	Open	0:14	3 Heats	22
10:22	12.	100m Breaststroke	Men	Timed Final	Open	0:18	4 Heats	39
10:40	13.	50m Freestyle	Women	Timed Final	Open	0:18	5 Heats	44
10:58	14.	50m Freestyle	Men	Timed Final	Open	0:30	9 Heats	85
11:28	11.	100m Breaststroke	Women	Medal ceremony		0:04		
11:32	12.	100m Breaststroke	Men	Medal ceremony		0:04		
11:36	15.	400m Freestyle	Women	Timed Final	Open	0:19	2 Heats	15
11:55	16.	400m Freestyle	Men	Timed Final	Open	0:30	3 Heats	23
12:25	13.	50m Freestyle	Women	Medal ceremony		0:04		
12:29	14.	50m Freestyle	Men	Medal ceremony		0:04		
12:33	17.	100m Butterfly	Women	Timed Final	Open	0:08	2 Heats	14
12:41	18.	100m Butterfly	Men	Timed Final	Open	0:08	2 Heats	19
12:49	15.	400m Freestyle	Women	Medal ceremony		0:04		
12:53	16.	400m Freestyle	Men	Medal ceremony		0:04		
12:57	19.	4 x 100m Freestyle	Women	Timed Final	Open	0:10	1 Heat	5
13:07	20.	4 x 100m Freestyle	Men	Timed Final	Open	0:07	1 Heat	9
13:14	17.	100m Butterfly	Women	Medal ceremony		0:04		
13:18	18.	100m Butterfly	Men	Medal ceremony		0:04		
13:22	End of session				Total duration	3:22		

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Schedule Session No. 3 - III Blok

2022-11-06 - 9:00

Warmup: 7:45 until 8:45

9:00	19.	4 x 100m Freestyle	Women	Medal ceremony		0:04		
9:04	20.	4 x 100m Freestyle	Men	Medal ceremony		0:04		
9:08	21.	50m Backstroke	Women	Timed Final	Open	0:15	4 Heats	37
9:23	22.	50m Backstroke	Men	Timed Final	Open	0:29	8 Heats	77
9:52	23.	150m Medley	Women	Timed Final	Open	0:08	1 Heat	2
10:00	24.	150m Medley	Men	Timed Final	Open	0:08	1 Heat	7
10:08	21.	50m Backstroke	Women	Medal ceremony		0:04		
10:12	22.	50m Backstroke	Men	Medal ceremony		0:04		
10:16	25.	200m Medley	Women	Timed Final	Open	0:13	2 Heats	18
10:29	26.	200m Medley	Men	Timed Final	Open	0:17	3 Heats	22
10:46	23.	150m Medley	Women	Medal ceremony		0:04		
10:50	24.	150m Medley	Men	Medal ceremony		0:04		
10:54	27.	200m Freestyle	Women	Timed Final	Open	0:19	3 Heats	23
11:13	28.	200m Freestyle	Men	Timed Final	Open	0:37	6 Heats	53
11:50	25.	200m Medley	Women	Medal ceremony		0:04		
11:54	26.	200m Medley	Men	Medal ceremony		0:04		
11:58	29.	4 x 50m Freestyle	Women	Timed Final	Open	0:05	1 Heat	4
12:03	30.	4 x 50m Freestyle	Men	Timed Final	Open	0:04	1 Heat	9
12:07	31.	4 x 50m Freestyle	Mixed	Timed Final	Open		no entries	-
12:07	27.	200m Freestyle	Women	Medal ceremony		0:04		
12:11	28.	200m Freestyle	Men	Medal ceremony		0:04		
12:15	29.	4 x 50m Freestyle	Women	Medal ceremony		0:04		
12:19	30.	4 x 50m Freestyle	Men	Medal ceremony		0:04		
12:23	31.	4 x 50m Freestyle	Mixed	Medal ceremony		0:04		
12:27		End of session			Total duration	3:27		