

Schedule Session No. 1 - Saturday, 29 October 2022

29.10.2022 - 9:00

Warmup: 8:00 until 8:55

| | | | | | | | | |
|-------|------------------|--------------|-------|----------------|-------|------|---------|----|
| 9:00 | Opening Ceremony | | | | | | | |
| 9:00 | 1. | 50m Apnea | Men | Timed Final | Men | 0:05 | 2 Heats | 14 |
| 9:05 | 2. | 50m Apnea | Women | Timed Final | Women | 0:05 | 2 Heats | 9 |
| 9:10 | 3. | 50m Apnea | Boys | Timed Final | Boys | 0:05 | 3 Heats | 18 |
| 9:15 | 4. | 50m Apnea | Women | Timed Final | Girls | 0:05 | 2 Heats | 16 |
| 9:20 | 5. | 50m Bifins | Men | Timed Final | Men | 0:05 | 2 Heats | 14 |
| 9:25 | 6. | 50m Bifins | Women | Timed Final | Women | 0:05 | 2 Heats | 10 |
| 9:30 | 7. | 50m Bifins | Boys | Timed Final | Boys | 0:10 | 3 Heats | 17 |
| 9:40 | 8. | 50m Bifins | Women | Timed Final | Girls | 0:05 | 3 Heats | 22 |
| 9:45 | 9. | 800m Surface | Men | Timed Final | Men | 0:10 | 1 Heat | 4 |
| 9:55 | 10. | 800m Surface | Women | Timed Final | Women | 0:10 | 1 Heat | 3 |
| 10:05 | 11. | 800m Surface | Boys | Timed Final | Boys | 0:10 | 1 Heat | 8 |
| 10:15 | 12. | 800m Surface | Women | Timed Final | Girls | 0:20 | 2 Heats | 13 |
| 10:35 | Award Ceremony | | | | | 0:25 | | |
| 11:00 | End of session | | | Total duration | | 2:00 | | |

Schedule Session No. 2 - Saturday, 29 October 2022

29.10.2022 - 15:30

Warmup: 14:00 until 15:00

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|-------|----------------|-----------------|-------|----------------|--------|------|---------|----|
| 15:30 | 13. | 200m Surface | Men | Timed Final | Men | 0:05 | 2 Heats | 11 |
| 15:35 | 14. | 200m Surface | Women | Timed Final | Women | 0:05 | 1 Heat | 5 |
| 15:40 | 15. | 200m Surface | Boys | Timed Final | Boys | 0:15 | 3 Heats | 18 |
| 15:55 | 16. | 200m Surface | Women | Timed Final | Girls | 0:05 | 2 Heats | 16 |
| 16:00 | 17. | 400m Bifins | Men | Timed Final | Men | 0:05 | 1 Heat | 5 |
| 16:05 | 18. | 400m Bifins | Women | Timed Final | Women | 0:15 | 2 Heats | 10 |
| 16:20 | 19. | 400m Bifins | Boys | Timed Final | Boys | 0:10 | 2 Heats | 10 |
| 16:30 | 20. | 400m Bifins | Women | Timed Final | Girls | 0:15 | 2 Heats | 11 |
| 16:45 | Award Ceremony | | | | | 0:15 | | |
| 17:00 | 21. | 100m Immersion | Men | Timed Final | Men | | 1 Heat | 5 |
| 17:00 | 22. | 100m Immersion | Women | Timed Final | Women | 0:05 | 1 Heat | 3 |
| 17:05 | 23. | 100m Immersion | Boys | Timed Final | Boys | 0:05 | 2 Heats | 9 |
| 17:10 | 24. | 100m Immersion | Women | Timed Final | Girls | 0:05 | 2 Heats | 9 |
| 17:15 | 25. | 4 x 100m Bifins | Mixed | Timed Final | - 2004 | 0:05 | 1 Heat | 6 |
| 17:20 | 26. | 4 x 100m Bifins | Mixed | Timed Final | 2005 + | 0:10 | 1 Heat | 4 |
| 17:30 | Award Ceremony | | | | | 0:15 | | |
| 17:45 | End of session | | | Total duration | | 2:15 | | |

Schedule Session No. 3 - Sunday, 30 October 2022

30.10.2022 - 9:00

Warmup: 8:00 until 8:55

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|-------|----------------|--------------|-------|----------------|-------|------|---------|----|
| 9:00 | 27. | 100m Surface | Men | Timed Final | Men | 0:05 | 2 Heats | 12 |
| 9:05 | 28. | 100m Surface | Women | Timed Final | Women | 0:05 | 1 Heat | 7 |
| 9:10 | 29. | 100m Surface | Boys | Timed Final | Boys | 0:05 | 3 Heats | 20 |
| 9:15 | 30. | 100m Surface | Women | Timed Final | Girls | 0:10 | 3 Heats | 19 |
| 9:25 | 31. | 100m Bifins | Men | Timed Final | Men | 0:05 | 2 Heats | 12 |
| 9:30 | 32. | 100m Bifins | Women | Timed Final | Women | 0:05 | 2 Heats | 9 |
| 9:35 | Award Ceremony | | | | | 0:15 | | |
| 9:50 | 33. | 100m Bifins | Boys | Timed Final | Boys | 0:05 | 2 Heats | 16 |
| 9:55 | 34. | 100m Bifins | Women | Timed Final | Girls | 0:10 | 3 Heats | 21 |
| 10:05 | 35. | 400m Surface | Men | Timed Final | Men | 0:05 | 1 Heat | 6 |
| 10:10 | 36. | 400m Surface | Women | Timed Final | Women | 0:10 | 1 Heat | 5 |
| 10:20 | 37. | 400m Surface | Boys | Timed Final | Boys | 0:10 | 2 Heats | 15 |
| 10:30 | 38. | 400m Surface | Women | Timed Final | Girls | 0:15 | 2 Heats | 15 |
| 10:45 | Award Ceremony | | | | | 0:10 | | |
| 10:55 | End of session | | | Total duration | | 1:55 | | |



XVI FINSWIMMING WORLD CUP 2022 GOLDEN FINAL
28-30 OCTOBER 2022 Poznan



Schedule Session No. 4 - Sunday, 30 October 2022

30.10.2022 - 15:00

Warmup: 14:00 until 15:00

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|-------|----------------|------------------|-------|-------------|--------|----------------|---------|----|--|
| 15:00 | 39. | 50m Surface | Men | Timed Final | Men | 0:05 | 2 Heats | 14 | |
| 15:05 | 40. | 50m Surface | Women | Timed Final | Women | | 1 Heat | 7 | |
| 15:05 | 41. | 50m Surface | Boys | Timed Final | Boys | 0:10 | 3 Heats | 18 | |
| 15:15 | 42. | 50m Surface | Women | Timed Final | Girls | 0:05 | 3 Heats | 17 | |
| 15:20 | 43. | 200m Bifins | Men | Timed Final | Men | 0:10 | 2 Heats | 10 | |
| 15:30 | 44. | 200m Bifins | Women | Timed Final | Women | 0:05 | 2 Heats | 10 | |
| 15:35 | 45. | 200m Bifins | Boys | Timed Final | Boys | 0:15 | 3 Heats | 17 | |
| 15:50 | 46. | 200m Bifins | Women | Timed Final | Girls | 0:10 | 3 Heats | 18 | |
| 16:00 | Award Ceremony | | | | | | 0:15 | | |
| 16:15 | 47. | 4 x 100m Surface | Men | Timed Final | - 2004 | 0:05 | 1 Heat | 1 | |
| 16:20 | 48. | 4 x 100m Surface | Women | Timed Final | - 2004 | 0:05 | 1 Heat | 3 | |
| 16:25 | 49. | 4 x 100m Surface | Boys | Timed Final | Boys | 0:05 | 1 Heat | 4 | |
| 16:30 | 50. | 4 x 100m Surface | Women | Timed Final | Girls | 0:05 | 1 Heat | 1 | |
| 16:35 | Award Ceremony | | | | | | 0:10 | | |
| 16:45 | End of session | | | | | Total duration | 1:45 | | |