

# CECJM Programme

## 1) 1. Session

Start of session: 09:00

Warm-up: 08:00 - 08:50

Event	Category	Type	Start	Heats	Seeding	Reserves
1) 100 Freestyle Girls	A	Heats	09:00	0	Normal	0
2) 100 Freestyle Boys	A	Heats	09:00	0	Normal	0
3) 200 Backstroke Girls	A	Heats	09:00	0	Normal	0
4) 200 Backstroke Boys	A	Heats	09:00	0	Normal	0
5) 400 Individual Medley Girls	A	Heats	09:00	0	Normal	0
6) 400 Individual Medley Boys	A	Heats	09:00	0	Normal	0
7) 4x100 Medley Relays Girls	A	Heats	09:00	0	Normal	0
8) 4x100 Medley Relays Boys	A	Heats	09:00	0	Normal	0

## 2) 2. Session

Start of session: 16:00

Warm-up: 15:00 - 15:50

Event	Category	Type	Start	Heats	Seeding	Reserves
9) 400 Freestyle Girls	A	Heats	16:00	0	Normal	0
10) 400 Freestyle Boys	A	Heats	16:00	0	Normal	0
11) 100 Breaststroke Girls	A	Heats	16:00	0	Normal	0
12) 100 Breaststroke Boys	A	Heats	16:00	0	Normal	0
13) 100 Butterfly Girls	A	Heats	16:00	0	Normal	0
14) 100 Butterfly Boys	A	Heats	16:00	0	Normal	0
15) 4x200 Freestyle Relay Girls	A	Heats	16:00	0	Normal	0
16) 4x200 Freestyle Relay Boys	A	Heats	16:00	0	Normal	0

## 3) 3. Session

Start of session: 09:00

Warm-up: 08:00 - 08:50

Event	Category	Type	Start	Heats	Seeding	Reserves
17) 50 Freestyle Girls	A	Heats	09:00	0	Normal	0
18) 50 Freestyle Boys	A	Heats	09:00	0	Normal	0
19) 200 Breaststroke Girls	A	Heats	09:00	0	Normal	0
20) 200 Breaststroke Boys	A	Heats	09:00	0	Normal	0
21) 100 Backstroke Girls	A	Heats	09:00	0	Normal	0
22) 100 Backstroke Boys	A	Heats	09:00	0	Normal	0
23) 800 Freestyle Girls	A	Heats	09:00	0	Normal	0
24) 1500 Freestyle Boys	A	Heats	09:00	0	Normal	0
25) 4x100 Medley Relay Mixed	A	Heats	09:00	0	Normal	0

## 4) 4. Session

Start of session: 16:00

Warm-up: 15:00 - 15:50

Event	Category	Type	Start	Heats	Seeding	Reserves
26) 200 Freestyle Girls	A	Heats	16:00	0	Normal	0
27) 200 Freestyle Boys	A	Heats	16:00	0	Normal	0
28) 200 Butterfly Girls	A	Heats	16:00	0	Normal	0
29) 200 Butterfly Boys	A	Heats	16:00	0	Normal	0
30) 200 Individual Medley Girls	A	Heats	16:00	0	Normal	0
31) 200 Individual Medley Boys	A	Heats	16:00	0	Normal	0
32) 4x100 Freestyle Relay Girls	A	Heats	16:00	0	Normal	0
33) 4x100 Freestyle Relay Boys	A	Heats	16:00	0	Normal	0