

Day 1 – Wed 22 nd May 2024	Day 2 – Thu 23 rd May 2024	Day 3 – Fri 24 th May 2024	Day 4 – Sat 25 th May 2024	Day 5 – Sun 26 th May 2024
Session 1 Heats	Session 3 Heats	Session 5 Heats	Session 7 Heats	Session 9 Heats
Female Warm Up xxx	Male Warm Up xxx	Male Warm Up xxx	Male Warm Up xxx	Male Warm Up xxx
Male Warm Up xxx	Female Warm Up xxx	Female Warm Up xxx	Female Warm Up xxx	Female Warm Up xxx
Start xxx				
Female 100m Backstroke	Male 100m Breaststroke	Male 200m Backstroke	Male 1500m Freestyle	Male 50m Backstroke
Male 100m Backstroke	Female 100m Freestyle	Female 200m Backstroke	Female 800m Freestyle	Female 50m Backstroke
Female 1500m Freestyle	Male 100m Butterfly	Male 400m Freestyle	Female 200m Breaststroke	Male 400m IM
Male 800m Freestyle	Female 100m Breaststroke	Female 400m Freestyle	Male 200m Breaststroke	Female 400m IM
Female 200m IM	Male 50m Freestyle	Male 200m IM	Female 200m Freestyle	Male 50m Breaststroke
Male 200m Freestyle		Female 100m Butterfly	Male 100m Freestyle	Female 50m Breaststroke
Female 200m Butterfly			Female 50m Freestyle	Male 50m Butterfly
			Male 200m Butterfly	Female 50m Butterfly
			Irish Masters Relay Championships	Regional Programme Skills Academy
				Inter-Provincial Competition
Session 2 Finals	Session 4 Finals	Session 6 Finals	Session 8 Finals	Session 10 Finals
Female Warm Up xxx	Male Warm Up xxx	Male Warm Up xxx	Female Warm Up xxx	Male Warm Up xxx
Male Warm Up xxx	Female Warm Up xxx	Female Warm Up xxx	Male Warm Up xxx	Female Warm Up xxx
Start xxx				
Female 100m Backstroke Open 'B'	Male 100m Backstroke Junior	Male 200m Backstroke Open 'B'	Female 200m Backstroke Junior	Male 50m Backstroke Open 'B'
Female 100m Backstroke Open 'A'	Male 100m Backstroke Super	Male 200m Backstroke Open 'A'	Female 200m Backstroke Super	Male 50m Backstroke Open 'A'
Male 100m Backstroke Open 'B'	Female 100m Backstroke Junior	Female 200m Backstroke Open 'B'	Male 200m Backstroke Junior	Female 50m Backstroke Open 'B'
Male 100m Backstroke Open 'A'	Female 100m Backstroke Super	Female 200m Backstroke Open 'A'	Male 200m Backstroke Super	Female 50m Backstroke Open 'A'
Female 200m IM Open 'B'	Male 50m Freestyle Open 'B'	Male 50m Freestyle Junior	Female 200m Breaststroke Open 'B'	Male 1500m Freestyle Open 'A'
Female 200m IM Open 'A'	Male 50m Freestyle Open 'A'	Male 50m Freestyle Super	Female 200m Breaststroke Open 'A'	Female 400m IM Junior
Male 200m Freestyle Open 'B'	Female 1500m Freestyle Open 'A'	Female 100m Freestyle Junior	Male 200m Breaststroke Open 'B'	Female 400m IM Open 'A'
Male 200m Freestyle Open 'A'	Male 800m Freestyle Open 'A'	Female 100m Freestyle Super	Male 200m Breaststroke Open 'A'	Male 200m Butterfly Junior
Female 200m Butterfly 'B'	Female 100m Breaststroke Open 'B'	Male 400m Freestyle Junior	Female 50m Freestyle Open 'B'	Male 200m Butterfly Super
Female 200m Butterfly 'A'	Female 100m Breaststroke Open 'A'	Male 400m Freestyle Open 'A'	Female 50m Freestyle Open 'A'	Female 50m Freestyle Junior
	Male 100m Breaststroke Open 'B'	Female 400m Freestyle Junior	Male 200m Butterfly Open 'B'	Female 50m Freestyle Super
	Male 100m Breaststroke Open 'A'	Female 400m Freestyle Open 'A'	Male 200m Butterfly Open 'A'	Male 200m Breaststroke Junior
	Female 100m Freestyle Open 'B'	Male 100m Breaststroke Junior	Female 100m Butterfly Junior	Male 200m Breaststroke Super
	Female 100m Freestyle Open 'A'	Male 100m Breaststroke Super	Female 100m Butterfly Super	Female 200m Breaststroke Junior
	Male 100m Butterfly Open 'B'	Female 100m Breaststroke Junior	Male 200m IM Junior	Female 200m Breaststroke Super
	Male 100m Butterfly Open 'A'	Female 100m Breaststroke Super	Male 200m IM Super	Male 400m IM Junior
	Female 200m Butterfly Junior	Male 100m Butterfly Junior	Female 200m Freestyle Open 'B'	Male 400m IM Open 'A'



Female 200m Butterfly Super	Male 100m Butterfly Super	Female 200m Freestyle Open 'A'	Female 200m Freestyle Junior
Male 200m Freestyle Junior	Female 100m Butterfly Open 'B'	Male 100m Freestyle Open 'B'	Female 200m Freestyle Super
Male 200m Freestyle Super Female 200m IM Junior Female 200m IM Super	Female 100m Butterfly Open 'B Female 100m Butterfly Open 'A' Male 200m IM Open 'B' Male 200m IM Open 'A'	Male 100m Freestyle Open 'A'	Male 100m Freestyle Super Male 100m Freestyle Junior Male 100m Freestyle Super Female 800m Freestyle Open 'A' Male 50m Breaststroke Open 'B' Female 50m Breaststroke Open 'A' Female 50m Breaststroke Open 'A' Male 50m Butterfly Open 'B' Male 50m Butterfly Open 'A' Female 50m Butterfly Open 'B' Female 50m Butterfly Open 'A'

Meet Notes

- 50m Freestyle, 100m Events & 200m Events Open 'A' Finals, Open 'B' Finals, Junior Finals & Super Finals
- 50m Form Strokes Open 'A' Finals & Open 'B' Finals
- 400m Events Junior Finals & Open 'A' Finals
- 800m & 1500m Freestyle Events Open 'A' Finals
- Open 'A' Finals Fastest 10 athletes from the heats (all ages and a maximum of two non-Irish athletes)
- Open 'B' Finals Fastest 10 athletes from the heats (all ages and Irish-only athletes) that have not qualified for the Open 'A' Final
- Super Finals Fastest 10 athletes from the Open 'A' Finals and Open 'B' Finals
- Junior Finals Fastest 10 athletes from (in order of priority) the Open 'A' Finals, Open 'B' Finals and Heats (aged 18 years & under and a maximum of two non-Irish athletes) that have not qualified for the Super Final (where applicable)
- Awards Male & Female Open (Irish & Commemorative) and Male & Female Junior (18 years & under and Irish only)
- **Open Awards** Will take into consideration times achieved in the following rounds in order of priority:
 - Super Finals
 - Open 'A' Finals
 - Junior Finals
- Junior Awards Will take into consideration times achieved in the following rounds in order of priority:
 - Super Finals
 - Junior Finals
 - Open 'A' Finals
 - Heats