



IRISH OPEN SWIMMING CHAMPIONSHIPS & OLYMPIC TRIALS - SESSION TIMES

DATE	SESSION	WARM UP TIMES	COMPETITION TIME
Wednesday 22nd May	Session 1 - Heats	Mixed 8.00-9.15	09.30
Wednesday 22nd May	Session 2 - Finals	Mixed 15.30-16.45	17.00
Thursday 23rd May	Session 3 - Heats	Mixed 8.00-9.15	09.30
Thursday 23rd May	Session 4 - Finals	Mixed 15.30-16.45	17.00
Friday 24th May	Session 5 - Heats	Mixed 8.00-9.15	09.30
Friday 24th May	Session 6 - Finals	Mixed 15.30-16.45	17.00
Saturday 25th May	Session 7 - Heats	Mixed 8.00-9.15	09.30
Saturday 25th May	Session 8 - Finals	Mixed 15.30-16.45	17.00
Sunday 26th May	Session 9 - Heats	Mixed 8.00-9.15	09.30
Sunday 26th May	Session 10 - Finals	Mixed 15.30-16.45	17.00

22.5.24-26.5.24

