Appendix 4 - Session Times

Irish Winter Championships ’25 Session Times

Date	Session	Warm Up Times	Competition Times
Friday 12th December	Session 1 – Heats	Male 07.45 – 08.30 Female 08.30 – 09.15	09.30 – 12.30
Friday 12th December	Session 2 – Finals	15.45 – 16.45 (Mixed)	17.00 – 19.30
Saturday 13th December	Session 3 – Heats	Female 07.45 – 08.30 Male 08.30 – 09.15	09.30 – 13.30
Saturday 13th December	Session 4 – Finals	15.45 – 16.45 (Mixed)	17.00 – 20.15
Sunday 14th December	Session 5 – Heats	Male 07.45 – 08.30 Female 08.30 – 09.15	09.30 – 12.30
Sunday 14th December	Session 6 – Finals	15.45 – 16.45 (Mixed)	17.00 – 19.45