



Day	Heats Sessions				Finals Sessions	
	Warm Up Split	Session	Warm Up Mixed	Session	Warm Up Mixed	Session
Thursday	Male 07.45 – 08.30	09.30 – 11.30	11.30 – 11.50	12.00 – 13.10	15.45 – 16.45	17.00 – 19.30
	Female 08.30 – 09.15		800M Freestyle			
Friday	Female 07.45 – 08.30	09.30 – 12.30	12.30 – 12.50	13.00 – 14.00	15.45 – 16.45	17.00 – 19.30
	Male 08.30 – 09.15		1500M Freestyle			
Saturday	Male 07.45 – 08.30	09.30 – 12.30	N/A	N/A	15.45 – 16.45	17.00 – 19.30
	Female 08.30 – 09.15					

### Irish Winter Championships '22 Session Times