

Irish Winter Championships '23 Session Times

Date	Session	Warm Up Times	Competition Times
Thursday 14 th December	Session 1 – Heats	Male 07.45 – 08.30 Female 08.30 – 09.15	09.30 – 12.30
Thursday 14 th December	Session 2 – Finals	15.45 – 16.45 (Mixed)	17.00 – 19.30
Friday 15 th December	Session 3 – Heats	Female 07.45 – 08.30 Male 08.30 – 09.15	09.30 – 13.30
Friday 15 th December	Session 4 – Finals	15.45 – 16.45 (Mixed)	17.00 – 20.15
Saturday 16 th December	Session 5 – Heats	Male 07.45 – 08.30 Female 08.30 – 09.15	09.30 – 12.30
Saturday 16 th December	Session 6 – Finals	15.45 – 16.45 (Mixed)	17.00 – 19.45