

# Irish Summer National Championships 2019

## 24<sup>th</sup> – 28<sup>th</sup> July 2019, Dublin - Programme of Events

Day 1 - Wed 24 <sup>th</sup> July 2019	Day 2 - Thu 25 <sup>th</sup> July 2019	Day 3 - Fri 26 <sup>th</sup> July 2019	Day 4 - Sat 27 <sup>th</sup> Jul 2019	Day 5 - Sun 28 <sup>th</sup> Jul 2019
<b>Session 1 Heats</b> <b>Warm Up 0730 ; Start 0845</b>	<b>Session 4 Heats</b> <b>Warm Up 0730 ; Start 0845</b>	<b>Session 7 Heats</b> <b>Warm Up 0730 ; Start 0845</b>	<b>Session 10 Heats</b> <b>Warm Up 0730 ; Start 0845</b>	<b>Session 13 Heats</b> <b>Warm Up 0730 ; Start 0845</b>
Male 400m IM (15 years; 16 years; 17/Over)	Female 50m Freestyle (15 years; 16 years; 17/Over)	Male 100m Freestyle (15 years; 16 years; 17/Over)	Female 100m Freestyle (15 years; 16 years; 17/Over)	Female 200m Backstroke (15 years; 16 years; 17/Over)
Female 400m IM (15 years; 16 years; 17/Over)	Male 50m Freestyle (15 years; 16 years; 17/Over)	Female 400m Freestyle (15 years; 16 years; 17/Over)	Male 400m Freestyle (15 years; 16 years; 17/Over)	Male 200m Backstroke (15 years; 16 years; 17/Over)
Male 100m Breaststroke (15 years; 16 years; 17/Over)	Female 100m Butterfly (15 years; 16 years; 17/Over)	Male 50m Backstroke (15/Over)	Female 200m Butterfly (15 years; 16 years; 17/Over)	Female 50m Butterfly (15/Over)
Female 100m Breaststroke (15 years; 16 years; 17/Over)	Male 100m Butterfly (15 years; 16 years; 17/Over)	Female 50m Backstroke (15/Over)	Male 200m Butterfly (15 years; 16 years; 17/Over)	Male 50m Butterfly (15/Over)
Male 200m Freestyle (15 years; 16 years; 17/Over)	Female 200m Breaststroke (15 years; 16 years; 17/Over)	Male 200m IM (15 years; 16 years; 17/Over)	Female 50m Breaststroke (15/Over)	Female 800m Freestyle HDW (15 years; 16 years; 17/Over)
Female 200m Freestyle (15 years; 16 years; 17/Over)	Male 200m Breaststroke (15 years; 16 years; 17/Over)	Female 200m IM (15 years; 16 years; 17/Over)	Male 50m Breaststroke (15/Over)	Male 800m Freestyle HDW (15 years; 16 years; 17/Over)
	Female 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Male 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Female 100m Backstroke (15 years; 16 years; 17/Over)	
			Male 100m Backstroke (15 years; 16 years; 17/Over)	
<b>Session 2 Heats</b> <b>Warm Up 1100 ; Start 1145</b>	<b>Session 5 Heats</b> <b>Warm Up 1100 ; Start 1145</b>	<b>Session 8 Heats</b> <b>Warm Up 1100 ; Start 1145</b>	<b>Session 11 Heats</b> <b>Warm Up 1100 ; Start 1145</b>	<b>Session 14 Heats</b> <b>Warm Up 1100 ; Start 1145</b>
Male 100m Breaststroke (12/13 years; 14 years)	Female 50m Freestyle (12/13 years; 14 years)	Female 400m Freestyle (12/13 years; 14 years)	Male 400m Freestyle (12/13 years; 14 years)	Female 200m Backstroke (12/13 years; 14 years)
Female 100m Breaststroke (12/13 years; 14 years)	Male 50m Freestyle (12/13 years; 14 years)	Male 100m Freestyle (12/13 years; 14 years)	Female 100m Freestyle (12/13 years; 14 years)	Male 200m Backstroke (12/13 years; 14 years)
Male 200m Freestyle (12/13 years; 14 years)	Female 100m Butterfly (12/13 years; 14 years)	Female 200m IM (12/13 years; 14 years)	Male 200m Butterfly (12/13 years; 14 years)	Female 800m Freestyle HDW (12/13 years; 14 years)
Female 200m Freestyle (12/13 years; 14 years)	Male 100m Butterfly (12/13 years; 14 years)	Male 200m IM (12/13 years; 14 years)	Female 200m Butterfly (12/13 years; 14 years)	Male 1500m Freestyle (12/13 years; 14 years)
Male 400m IM (12/13 years; 14 years)	Female 200m Breaststroke (12/13 years; 14 years)	Female 12-14 years 800m Freestyle Relay HDW	Male 100m Backstroke (12/13 years; 14 years)	
Female 400m IM (12/13 years; 14 years)	Male 200m Breaststroke (12/13 years; 14 years)	Male 12-14 years 400m Medley Relay HDW	Female 100m Backstroke (12/13 years; 14 years)	
Male 800m Freestyle HDW (12/13 years; 14 years)	Female 1500m Freestyle HDW (12/13 years; 14 years)		Male 12-14 years 800m Freestyle Relay HDW	
Male 12-14 years 400m Freestyle Relay HDW	Mixed 12-14 years 400m Mixed Medley Relay HDW		Female 12-14 years 400m Medley Relay HDW	
Female 12-14 years 400m Freestyle Relay HDW				

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<b>Session 3 Finals</b>	<b>Session 6 Finals</b>	<b>Session 9 Finals</b>	<b>Session 12 Finals</b>	<b>Session 15 Finals</b>
<b>Warm Up 1600 ; Start 1700</b>	<b>Warm Up 1600 ; Start 1700</b>	<b>Warm Up 1600 ; Start 1700</b>	<b>Warm Up 1600 ; Start 1700</b>	<b>Warm Up 1530 ; Start 1630</b>
Male 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)
Female 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 400m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 400m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)
Male 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Backstroke (15/Over)	Female 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Butterfly (15/Over)
Female 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Backstroke (15/Over)	Male 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Butterfly (15/Over)
Male 400m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Breaststroke (15/Over)	Male 15/Over 400m Medley Relay HDW
Female 400m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Breaststroke (15/Over)	Female 15/Over 400m Medley Relay HDW
Male 15/Over 400m Freestyle Relay HDW	Mixed 15/Over 400m Mixed Medley Relay HDW	Male 15/Over 800m Freestyle Relay HDW	Female 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	
Female 15/Over 400m Freestyle Relay HDW			Male 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	
			Female 15/Over 800m Freestyle Relay HDW	