

IL PROGRAMMA GARE

| <b>CAMPIONATI DI SOCIETA' – COPPA ITALIA Maschile e Femminile 2018</b><br><b>World Para Swimming World Series Lignano 2018</b>  |   |   |  |
|---|---|---|--|
| Warm up 07.45 – 09.00<br>Start 09.15<br><b>Session 1</b><br><ul style="list-style-type: none"> <li>• 100 Backstroke S1-S2 e S6-S14 m/f</li> <li>• 200 Freestyle S2-S5 e S14 m/f</li> <li>• 100 Butterfly S8-S14 m/f</li> <li>• 150 IM SM3- SM4 m/f</li> </ul> | Warm up 07.45 – 09.00<br>Start 09.15<br><b>Session 3</b><br><ul style="list-style-type: none"> <li>• 50 Breaststroke SB2-SB3 m/f</li> <li>• 200 IM SM5- SM14 m/f</li> <li>• 50 Backstroke S1-S5 m/f</li> <li>• 100 Breaststroke SB4-SB14 m/f</li> </ul> | Warm up 07.45 – 09.00<br>Start 09.15<br><b>Session 5</b><br><ul style="list-style-type: none"> <li>• 50 Freestyle S1-S13 m/f</li> <li>• 400 Freestyle S6-S13 m/f</li> </ul> | Warm up 07.45 – 09.00<br>Start 09.15<br><b>Session 7</b><br><ul style="list-style-type: none"> <li>• 100 Freestyle S1-S14 m/f</li> <li>• 50 Butterfly S5-S7 m/f</li> <li>- 4x100 m Freestyle 34 punti (S1-10) Male</li> <li>- 4x100 m Freestyle 34 punti (S1-10) Female</li> <li>- Mixed 4x50 m Medley 20 points (S1-10)</li> </ul> <p style="text-align: center;"><b>PREMIAZIONI</b></p> <p style="text-align: center;"><b>CAMPIONATI</b></p> |
|   |   |   |  |

|   |   |  |  |
|---|---|--|--|
| <p>Warm up da stabilire</p> <p>Start da stabilire</p> <p><b>Session 2</b><br/>Multi class Finals</p> <ul style="list-style-type: none"> <li>• Final C ( Under 18 ) m/f</li> <li>• Final B m/f</li> <li>• Final A m/f</li> </ul> <p>100 Backstroke</p> <p>200 Freestyle</p> <p>100 Butterfly</p> <p>150 IM</p> | <p>Warm up</p> <p>Start</p> <p><b>Session 4</b><br/>Multi class Finals</p> <ul style="list-style-type: none"> <li>• Final C ( Under 18 ) m/f</li> <li>• Final B m/f</li> <li>• Final A m/f</li> </ul> <p>50 Breaststroke</p> <p>200 IM</p> <p>50 Backstroke</p> <p>100 Breaststroke</p> | <p>Warm up</p> <p>Start</p> <p><b>Session 6</b><br/>Multi class Finals</p> <ul style="list-style-type: none"> <li>• Final C ( Under 18 ) m/f</li> <li>• Final B m/f</li> <li>• Final A m/f</li> </ul> <p>50 Freestyle</p> <p>400 Freestyle</p> | <p>Warm up</p> <p>Start</p> <p><b>Session 8</b><br/>Multi class Finals</p> <ul style="list-style-type: none"> <li>• Final C ( Under 18 ) m/f</li> <li>• Final B m/f</li> <li>• Final A m/f</li> </ul> <p>100 Freestyle</p> <p>50 Butterfly</p> |
|   | <p>- Mixed 4x50 m Freestyle 20 points (S1-10)</p> <p>- Mixed 4x100 m Freestyle (S14)</p>  | <p>- 4x100 m Medley 34 points (S1-10) Male</p> <p>- 4x100 m Medley 34 points (S1-10) Female</p> <p>- Mixed 4x100 m Freestyle 49 punti (S11-13)</p>   |  |