

Irish Summer National Championships 2018

25th – 29th July 2018, Dublin - Programme of Events

Day 1 - Wed 25 th July 2018	Day 2 - Thu 26 th July 2018	Day 3 - Fri 27 th July 2018	Day 4 - Sat 28 th Jul 2018	Day 5 - Sun 29 th Jul 2018
Session 1 Heats Warm Up 0730 ; Start 0845	Session 4 Heats Warm Up 0730 ; Start 0845	Session 7 Heats Warm Up 0730 ; Start 0845	Session 10 Heats Warm Up 0730 ; Start 0845	Session 13 Heats Warm Up 0730 ; Start 0845
Male 400m IM (15 years; 16 years; 17/Over) Female 400m IM (15 years; 16 years; 17/Over) Male 100m Breaststroke (15 years; 16 years; 17/Over) Female 100m Breaststroke (15 years; 16 years; 17/Over) Male 200m Freestyle (15 years; 16 years; 17/Over) Female 200m Freestyle (15 years; 16 years; 17/Over)	Female 50m Freestyle (15 years; 16 years; 17/Over) Male 50m Freestyle (15 years; 16 years; 17/Over) Female 100m Butterfly (15 years; 16 years; 17/Over) Male 100m Butterfly (15 years; 16 years; 17/Over) Female 200m Breaststroke (15 years; 16 years; 17/Over) Male 200m Breaststroke (15 years; 16 years; 17/Over) Female 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Male 100m Freestyle (15 years; 16 years; 17/Over) Female 400m Freestyle (15 years; 16 years; 17/Over) Male 50m Backstroke (17/Over) Female 50m Backstroke (17/Over) Male 200m IM (15 years; 16 years; 17/Over) Female 200m IM (15 years; 16 years; 17/Over) Male 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Female 100m Freestyle (15 years; 16 years; 17/Over) Male 400m Freestyle (15 years; 16 years; 17/Over) Female 200m Butterfly (15 years; 16 years; 17/Over) Male 200m Butterfly (15 years; 16 years; 17/Over) Female 50m Breaststroke (17/Over) Male 50m Breaststroke (17/Over) Female 100m Backstroke (15 years; 16 years; 17/Over) Male 100m Backstroke (15 years; 16 years; 17/Over)	Female 200m Backstroke (15 years; 16 years; 17/Over) Male 200m Backstroke (15 years; 16 years; 17/Over) Female 50m Butterfly (17/Over) Male 50m Butterfly (17/Over) Female 800m Freestyle HDW (15 years; 16 years; 17/Over) Male 800m Freestyle HDW (15 years; 16 years; 17/Over)
Session 2 Heats Warm Up 1100 ; Start 1145	Session 5 Heats Warm Up 1100 ; Start 1145	Session 8 Heats Warm Up 1100 ; Start 1145	Session 11 Heats Warm Up 1100 ; Start 1145	Session 14 Heats Warm Up 1100 ; Start 1145
Male 100m Breaststroke (12/13 years; 14 years) Female 100m Breaststroke (12/13 years; 14 years) Male 200m Freestyle (12/13 years; 14 years) Female 200m Freestyle (12/13 years; 14 years) Male 400m IM (12/13 years; 14 years) Female 400m IM (12/13 years; 14 years) Male 800m Freestyle HDW (12/13 years; 14 years) Male 12-14 years 400m Freestyle Relay HDW Female 12-14 years 400m Freestyle Relay HDW	Female 50m Freestyle (12/13 years; 14 years) Male 50m Freestyle (12/13 years; 14 years) Female 100m Butterfly (12/13 years; 14 years) Male 100m Butterfly (12/13 years; 14 years) Female 200m Breaststroke (12/13 years; 14 years) Male 200m Breaststroke (12/13 years; 14 years) Female 1500m Freestyle HDW (12/13 years; 14 years) Mixed 12-14 years 400m Mixed Medley Relay HDW	Female 400m Freestyle (12/13 years; 14 years) Male 100m Freestyle (12/13 years; 14 years) Female 200m IM (12/13 years; 14 years) Male 200m IM (12/13 years; 14 years) Female 12-14 years 800m Freestyle Relay HDW Male 12-14 years 400m Medley Relay HDW	Male 400m Freestyle (12/13 years; 14 years) Female 100m Freestyle (12/13 years; 14 years) Male 200m Butterfly (12/13 years; 14 years) Female 200m Butterfly (12/13 years; 14 years) Male 100m Backstroke (12/13 years; 14 years) Female 100m Backstroke (12/13 years; 14 years) Male 12-14 years 800m Freestyle Relay HDW Female 12-14 years 400m Medley Relay HDW	Female 200m Backstroke (12/13 years; 14 years) Male 200m Backstroke (12/13 years; 14 years) Female 800m Freestyle HDW (12/13 years; 14 years) Male 1500m Freestyle (12/13 years; 14 years)

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Session 3 Finals	Session 6 Finals	Session 9 Finals	Session 12 Finals	Session 15 Finals
Warm Up 1600 ; Start 1700	Warm Up 1600 ; Start 1700	Warm Up 1600 ; Start 1700	Warm Up 1600 ; Start 1700	Warm Up 1530 ; Start 1630
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 (17/Over)	Female 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Butterfly (17/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 (17/Over)	Male 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Butterfly (17/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 (17/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 (17/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	