

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Tuesday	0745 – 0830 Women's 50m Breaststroke Men's 50m Backstroke Women's 200m Freestyle	0930	1130
	0830 – 0915 Men's 400m Freestyle Women's 400m Ind. Medley Men's 100m Breaststroke		
	----- 1145 – 1220 Women's 50m Breaststroke Men's 50m Backstroke Women's 200m Freestyle	1300	1440
	1220 – 1255 Men's 400m Freestyle Women's 400m Ind. Medley Men's 100m Breaststroke		
	----- 1630 – 1745 (All Finalists)	1800	2025
Training Available in the Competition Pool 3pm to 4-15pm			

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Wednesday	0745 – 0830 Men's 50m Breaststroke Women's 50m Butterfly Men's 200m Butterfly	0930	1140
	0830 – 0915 Women's 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Women's 800m Freestyle		
	----- 1145 – 1220 Men's 50m Breaststroke Women's 50m Butterfly Men's 200m Butterfly	1300	1440
	1220 – 1255 Women's 100m Backstroke Men's 100m Backstroke Women's 200m Breaststroke Women's 800m Freestyle		
	----- 1630 – 1745 (All Finalists)	1800	2020
Training Available in the Competition Pool 3pm to 4-15pm			

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Thursday	0745 – 0830 Women's 50m Freestyle Men's 400m Ind. Medley Women's 200m Butterfly	0930	1140
	0830 – 0915 Men's 100m Freestyle Men's 1500m Freestyle		
	----- 1145 – 1220 Women's 50m Freestyle Men's 400m Ind. Medley Women's 200m Butterfly		
	1220 – 1255 Men's 100m Freestyle Men's 1500m Freestyle	1300	1500
	----- 1630 – 1745 (All Finalists)	1800	2000
Training Available in the Competition Pool 3pm to 4-15pm			

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Friday	0745 – 0830 Women's 200m Backstroke Men's 100m Butterfly	0930	1100
	0830 – 0915 Women's 100m Freestyle Men's 200m Breaststroke		
	----- 1145 – 1220 Women's 200m Backstroke Men's 100m Butterfly		
	1220 – 1255 Women's 100m Freestyle Men's 200m Breaststroke	1300	1355
	----- 1630 – 1745 (All Finalists)	1800	1930
Training Available in the Competition Pool 3pm to 4-15pm			

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Saturday	0745 – 0830 Women's 50m Backstroke Men's 50m Freestyle Women's 400m Freestyle	0930	1130
	0830 – 0915 Men's 200m Ind. Medley Women's 200m Ind. Medley Men's 800m Freestyle		
	1145 – 1220 Women's 50m Backstroke Men's 50m Freestyle Women's 400m Freestyle		
	1220 – 1255 Men's 200m Ind. Medley Women's 200m Ind. Medley Men's 800m Freestyle	1300	1445
	1630 – 1745 (All Finalists)	1800	2015
Training Available in the Competition Pool 3pm to 4-15pm			

Warm Up Schedule

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BSC 2022

Day	Warm Up Time	Session Start	Session Finish
Sunday	0745 – 0830 Men's 50m Butterfly Women's 100m Breaststroke Men's 200m Backstroke	0930	1150
	0830 – 0915 Women's 100m Butterfly Men's 200m Freestyle Women's 1500m Freestyle		
	1200 – 1235 Men's 50m Butterfly Women's 100m Breaststroke Men's 200m Backstroke		
	1235 – 1310 Women's 100m Butterfly Men's 200m Freestyle Women's 1500m Freestyle	1315	1510
	1630 – 1745 (All Finalists)	1800	2015