

**Irish National Division 2 Competition 2019**  
**11<sup>th</sup> – 14<sup>th</sup> July 2019, Limerick - Programme of Events**

<b>Day 1 – Thu 11<sup>th</sup> July 2019</b>	<b>Day 2 – Fri 12<sup>th</sup> July 2019</b>	<b>Day 3 – Sat 13<sup>th</sup> July 2019</b>	<b>Day 4 – Sun 14<sup>th</sup> July 2019</b>
<b>Session 1: Combined Heats</b>	<b>Session 5: Combined Heats</b>	<b>Session 9: Combined Heats</b>	<b>Session 13: Combined Heats</b>
Male 200m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 200m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Breaststroke (15/Over) Male 400m IM HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Female 100m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Butterfly (15/Over) Male 1500m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Female 200m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 400m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Male 200m IM (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 200m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Backstroke (15/Over) Female 800m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)
<b>Session 2: Finals &amp; Presentations</b>	<b>Session 6: Finals &amp; Presentations</b>	<b>Session 10: Finals &amp; Presentations</b>	<b>Session 14: Finals &amp; Presentations</b>
Male 200m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 200m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Breaststroke (15/Over)	Female 100m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Butterfly (15/Over) Male 11-14 years 200m Freestyle Relay HDW Female 15/Over 200m Freestyle Relay HDW	Female 200m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 100m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 11-14 years 200m Medley Relay HDW Female 15/Over 200m Medley Relay HDW	Male 200m IM (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 200m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Backstroke (15/Over) Mixed 11-14 years 200m Medley Relay HDW
<b>Session 3: Combined Heats</b>	<b>Session 7: Combined Heats</b>	<b>Session 11: Combined Heats</b>	<b>Session 15: Combined Heats</b>
Female 200m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 200m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Breaststroke (15/Over) Female 400m IM HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Male 100m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Butterfly (15/Over) Female 1500m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Male 200m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 400m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)	Female 200m IM (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 200m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Backstroke (15/Over) Male 800m Freestyle HDW (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over)
<b>Session 4: Finals &amp; Presentations</b>	<b>Session 8: Finals &amp; Presentations</b>	<b>Session 12: Finals &amp; Presentations</b>	<b>Session 16: Finals &amp; Presentations</b>
Female 200m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 200m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Breaststroke (15/Over)	Male 100m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Butterfly (15/Over) Female 11-14 years 200m Freestyle Relay HDW Male 15/Over 200m Freestyle Relay HDW	Male 200m Backstroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 100m Butterfly (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 50m Freestyle (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 11-14 years 200m Medley Relay HDW Male 15/Over 200m Medley Relay HDW	Female 200m IM (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Male 200m Breaststroke (11/12 years ; 13 years ; 14 years ; 15years ; 16/Over) Female 50m Backstroke (15/Over) Mixed 15/Over 200m Medley Relay HDW

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- Heats have a 45 minutes warm-up period
- A 15-minute break occurs between heats and finals
- Finals do not have a warm-up period