

SUN 26	MON 27	TUE 28	WED 29
9,00/12,30	9,00/11,30	9,00/11,30	9,00/11,30
100m FLY W 400m FREE M 200m IM W 50m FLY M 400m FREE W 100m BREAST M 4x100m FREE W 4x100m FREE M	100m BACK W 200m FREE M 100m BREAST W 100m BACK M 1500m FREE W	50m BREAST M 200m FLY M 200m FREE W 800m FREE M	50m BACK W 100m FREE M 200m FLY W 200m IM M
18,00/20,30	18,00/20,30	18,00/20,30	18,00/20,30
100m FLY W SF 400m FREE M 200m IM W SF 50m FLY M SF 400m FREE W 100m BREAST M SF 4x100m FREE W 4x100m FREE M	100m BREAST M 100m FLY W 100m BACK M SF 100m BREAST W SF 50m FLY M 100m BACK W SF 200m FREE M SF 200m IM W	200m FREE M 100m BACK W 50m BREAST M SF 1500m FREE W 100m BACK M 200m FREE W SF 200m FLY M SF 100m BREAST W	100m FREE M SF 50m BACK W SF 200m FLY M 200m FREE W 50m BREAST M 200m FLY W SF 200m IM M SF 800m FREE M
THU 30	FRI 31	SAT 01 AUG	SUN 02 AUG
9,00/11,30	9,00/11,30	9,00/12,30	9,00/11,30
100m FREE W 200m BACK M 200m BREAST W 200m BREAST M 4x200m FREE W	50m FREE M 50m FLY W 100m FLY M 200m BACK W 4x200m FREE M 800m FREE W	50m FREE W 50m BREAST W 50m BACK M 4x100m MEDLEY W 1500m FREE M	400m IM M 400m IM W 4x100m MEDLEY M
18,00/20,30	18,00/20,30	18,00/20,30	18,00/20,30
100m FREE W SF 200m IM M 200m BREAST W SF 100m FREE M 200m FLY W 200m BREAST M SF 50m BACK W 200m BACK M SF 4x200m FREE W	100m FREE W 200m BACK M 50m FLY W SF 50m FREE M SF 200m BREAST W 100m FLY M SF 200m BACK W SF 200m BREAST M 4x200m FREE M	50m FLY W 50m FREE M 200m BACK W 50m BREAST W SF 100m FLY M 50m FREE W SF 50m BACK M SF 800m FREE W 4x100 in MEDLEY W	50m BACK M 50m BREAST W 400m IM M 50m FREE W 1500m FREE M 400m IM W 4x100 MEDLEY M