

Programme

Warm up

Saturday, 19/ 01/2008

From 7h45 am to 8h45 am

PRELIMINARY HEATS

Saturday, 19/01/2007

9 h am

100 m	Freestyle	Women	Heats	
200 m	Freestyle	Men	"	
50 m	Breaststroke	Women	"	
100 m	Breaststroke	Men	"	
100 m	Backstroke	Women	"	
50 m	Backstroke	Men	"	
200 m	Butterfly	Women	"	
100 m	Butterfly	Men	"	
400 m	Freestyle	Women	"	
200 m	Medley	Men	"	
200 m	Breaststroke	Women	«	
50 m	Freestyle	Men	"	
50 m	Butterfly	Women	"	
200 m	Backstroke	Men	"	
4x100 m	Medley	Women	"	
4x100 m	Freestyle	Men	"	
400 m	Medley	Women	Slow Heat	
1500 m	Freestyle	Men	Slow Heat	

The fast heat of 400m Medley and and 800m freestyle will take place at the beginning of finals.

Finals A and B

Saturday, 19/01/2008

17.00m

North Portugal Swimming Association

Warm up

Sunday, 20/01/2008

From 7h45 am to 8h45 am

PRELIMINARY HEATS

Sunday, 20/01/2008

9h am

100 m	Freestyle	Men	Heats	
200 m	Freestyle	Women	"	
50 m	Breaststroke	Men	"	
100 m	Breaststroke	Women	"	
100 m	Backstroke	Men	"	
50 m	Backstroke	Women	"	
200 m	Butterfly	Men	"	
100 m	Butterfly	Women	"	
400 m	Freestyle	Men	"	
200 m	Medley	Women	"	
200 m	Breaststroke	Men	"	
50 m	Freestyle	Women	"	
50 m	Butterfly	Men	"	
200 m	Backstroke	Women	"	
4x100 m	Medley	Men	"	
4x100 m	Freestyle Breaststroke	Women	"	
400 m	Medley	Men Freestyle	Slow Heat	
800 m	Freestyle	Women Men	Slow Heat	

The fast heat of 400m Medley and 800m Freestyle will take place at the beginning of finals.

FINALS A e B

Sunday, 28/01/2007

16h30 pm