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# Regionális Delfin Bajnokság - Nyugat- és Dél-Dunántúl

## Régió

16.07./17.07.2022

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### 1. Session - Saturday, 16.07.2022

Warm up ca. 07:30

Meet starts ca. 09:00

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Time	Details
ca. 09:00 - ca. 09:04	1 - 50m Butterfly Men 4 Heats
ca. 09:04 - ca. 09:10	2 - 50m Butterfly Women 4 Heats
ca. 09:10 - ca. 09:26	3 - 200m Backstroke Men 4 Heats
ca. 09:26 - ca. 09:35	4 - 200m Backstroke Women 2 Heats
ca. 09:35 - ca. 09:49	5 - 400m Freestyle Men 2 Heats
ca. 09:49 - ca. 10:11	6 - 400m Freestyle Women 3 Heats
ca. 10:11 - ca. 10:19	7 - 4x50m Medley Mixed 1 Heat

**End of session ca. 10:19**

### 2. Session - Saturday, 16.07.2022

Warm up ca. 14:00

Meet starts ca. 15:30

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Time	Details
ca. 15:30 - ca. 15:39	8 - 100m Breaststroke Men 4 Heats
ca. 15:39 - ca. 15:50	9 - 100m Breaststroke Women 4 Heats
ca. 15:50 - ca. 16:03	10 - 100m Freestyle Men 6 Heats
ca. 16:03 - ca. 16:16	11 - 100m Freestyle Women 5 Heats
ca. 16:16 - ca. 16:28	12 - 200m Ind. Medley Men 3 Heats
ca. 16:28 - ca. 16:36	13 - 200m Ind. Medley Women 2 Heats
ca. 16:36 - ca. 16:42	14 - 4x50m Freestyle Men 1 Heat
ca. 16:42 - ca. 16:49	15 - 4x50m Freestyle Women 1 Heat

**End of session ca. 16:49**

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### 3. Session - Sunday, 17.07.2022

Warm up ca. 07:30

Meet starts ca. 09:00

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Time	Details
ca. 09:00 - ca. 09:11	16 - 200m Freestyle Men 3 Heats
ca. 09:11 - ca. 09:14	17 - 200m Freestyle Women 1 Heat
ca. 09:14 - ca. 09:23	18 - 50m Backstroke Men 6 Heats
ca. 09:23 - ca. 09:31	19 - 50m Backstroke Women 5 Heats
ca. 09:31 - ca. 09:40	20 - 200m Breaststroke Men 2 Heats
ca. 09:40 - ca. 09:48	21 - 200m Breaststroke Women 2 Heats
ca. 09:48 - ca. 09:56	22 - 100m Butterfly Men 3 Heats
ca. 09:56 - ca. 10:00	23 - 100m Butterfly Women 2 Heats
ca. 10:00 - ca. 10:07	24 - 4x50m Freestyle Mixed 1 Heat

**End of session ca. 10:07**

### 4. Session - Sunday, 17.07.2022

Warm up ca. 14:00

Meet starts ca. 15:30

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Time	Details
ca. 15:30 - ca. 15:41	25 - 100m Backstroke Men 5 Heats
ca. 15:41 - ca. 15:49	26 - 100m Backstroke Women 3 Heats
ca. 15:49 - ca. 15:56	27 - 50m Breaststroke Men 5 Heats
ca. 15:56 - ca. 16:02	28 - 50m Breaststroke Women 4 Heats
ca. 16:02 - ca. 16:11	29 - 50m Freestyle Men 7 Heats
ca. 16:11 - ca. 16:18	30 - 50m Freestyle Women 5 Heats

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ca. 16:18 - ca. 16:26

31 - 4x50m Medley Men  
1 Heat

ca. 16:26 - ca. 16:35

32 - 4x50m Medley Women  
1 Heat

**End of session ca. 16:35**