

### CSIT SWIMMING CHAMPIONSHIPS 24.-28.8.2022 OULU, FINLAND

#### Program

##### Wednesday 24<sup>th</sup> of August

- Arrival to Oulu
- Accommodation & accreditation at Scandic Oulu City hotel. Address: Saaristonkatu 4, 90100 Oulu.
- Lunch & dinner | Oulu swimming hall (Oulun uimahalli)

##### Thursday 25<sup>th</sup> of August

- Breakfast | Scandic Oulu City hotel
- Lunch 10.30-13 | Oulu swimming hall
- Training time possibility from 15.00 to 20.00. There is a reservation of 4 lines at Oulu swimming hall. Exact training hours will be informed for the teams closer to the event.
- Technical meeting at 17.00 | Oulu swimming hall
- Dinner 17.30- | Oulu swimming hall
- A welcoming event in the city center

##### Friday 26<sup>th</sup> of August

- Breakfast | Scandic Oulu City hotel
- warm up at 8.00 – 9.40 | Oulu swimming hall
- Competition, session 1 at 10.00 – 13.00
- Lunch 12.00-14.00 | Swimming hall
- Warm up at 15.00-16.45
- Opening ceremony at 16.40 – 17.00 (flag procession and welcoming speech) | by the pool
- Competition, session 2 at 17.00 – 20.30
- Dinner at 18.00- | Swimming hall

##### Saturday 27<sup>th</sup> of August

- Breakfast | Scandic Oulu City hotel
- warm up at 8.00 – 9.40 | Oulu swimming hall
- Competition, session 3 at 10.00 – 13.00
- Lunch at 12.00-14.00 | Oulu Swimming hall
- Warm up at 15.00-16.45
- Technical meeting at 16.00 | Oulu swimming hall
- Competition, session 4 at 17.00 – 20.30
- Dinner | 18.00- | Oulu Swimming hall

##### Sunday 28<sup>th</sup> of August

- Breakfast | Scandic Oulu City hotel
- Check out by 12.00 pm
- Return to home starts

#### Useful websites:

Accommodation: <https://www.scandichotels.fi/hotellit/suomi/oulu/scandic-oulu-city> (FI)

<https://www.scandichotels.com/hotels/finland/oulu/scandic-oulu-city> (EN)

Oulu Swimming hall: [https://www.ouka.fi/oulu/swimming\\_hall](https://www.ouka.fi/oulu/swimming_hall)

Information about Oulu: <https://visitoulu.fi/oulu/> (FI) <https://visitoulu.fi/en/oulu-2/> (EN) <https://www.oulu2026.eu/> (FI)

<https://www.oulu2026.eu/en/frontpage/> (EN) <https://ouka.fi/oulu/english>

Organizing club Oulun Lohet: <https://www.oulunlohet.fi/>

Organizing club Haukiputaan Heitto: <https://www.haukiputaanheitto.fi/lajit/uinti/>

TUL: <https://tul.fi/>

TUL Oulu region: [https://tul.fi/oulun\\_piiri/](https://tul.fi/oulun_piiri/)

Restaurant Nallikari Oy at the swimming hall: <https://www.nallikarioy.fi/>

## CSIT SWIMMING CHAMPIONSHIPS 24.-28.8.2022 OULU FINLAND

**Friday 26.8.2022****Friday morning session at 10.00, warm up at 8.00**

1. 200 m medley, G-13, G-15, G-17, W-24, W25+
2. 200 m medley, B-13, B-15, B-17, M-24, M25+
3. 50 m breaststroke, G-13, G-15, G-17, W-24, W25+
4. 50 m breaststroke, B-13, B-15, B-17, M-24, M25+
5. 100 m free style, G-13, G-15, G-17, W-24, W25+
6. 100 m free style, B-13, B-15, B-17, M-24, M25+
7. 4 x 100 m medley relay, G-13, G-15, G-17, W18+
8. 4 x 100 m medley relay, B-13, B-15, B-17, M18+

**Medal ceremony****Friday evening session at 17.00, warm up at 15.00**

9. 200 m butterfly, B-13, B-15, B-17, M-24, M25+
10. 200 m butterfly, G-13, G-15, G-17, W-24, W25+
11. 400 m free style, B-13, B-15, B-17, M-24, M25+
12. 400 m free style, G-13, G-15, G-17, W-24, W25+
13. 50 m backstroke, B-13, B-15, B-17, M-24, M25+
14. 50 m backstroke, G-13, G-15, G-17, W-24, W25+
15. 100 m breaststroke, B-13, B-15, B-17, M-24, M25+
16. 100 m breaststroke, G-13, G-15, G-17, W-24, W25+
17. 4 x 50 m medley relay, B-13, B-15, B-17, M18+
18. 4 x 50 m medley relay, G-13, G-15, G-17, W18+

**Medal ceremony****Saturday 27.8.2022****Saturday morning session at 10.00, warm up at 8.00**

19. 200 m backstroke, G-13, G-15, G-17, W-24, W25+
20. 200 m backstroke, B-13, B-15, B-17, M-24, M25+
21. 100 m butterfly, G-13, G-15, G-17, W-24, W25+
22. 100 m butterfly, B-13, B-15, B-17, M-24, M25+
23. 50 m free style, G-13, G-15, G-17, W-24, W25+
24. 50 m free style, B-13, B-15, B-17, M-24, M25+
25. 200 m breaststroke, G-13, G-15, G-17, W-24, W25+
26. 200 m breaststroke, B-13, B-15, B-17, M-24, M25+
27. 4 x 100 m free style relay, G-13, G-15, G-17, W18+
28. 4 x 100 m free style relay, B-13, B-15, B-17, M18+

**Medal ceremony****Saturday evening session at 17.00, warm up at 15.00**

29. 200 m free style, B-13, B-15, B-17, M-24, M25+
30. 200 m free style, G-13, G-15, G-17, W-24, W25+
31. 50 m butterfly, B-13, B-15, B-17, M-24, M25+
32. 50 m butterfly, G-13, G-15, G-17, W-24, W25+
33. 100 m backstroke, B-13, B-15, B-17, M-24, M25+
34. 100 m backstroke, G-13, G-15, G-17, W-24, W25+
35. 4 x 50 m free style relay, B-13, B-15, B-17, M18+
36. 4 x 50 m free style relay, G-13, G-15, G-17, W18+

**Medal ceremony**