

International Swimming Cup of Redange  
Redange/Attert, 25/2/2024



**Schedule Session No. 1 - Morning session**

**2/25/2024 - 9:00**

Warmup: 8:00 until 8:50

9:00	1.	100m Medley	Men	Timed Final	Open	0:12	5 Heats	25
9:12	2.	100m Medley	Women	Timed Final	Open	0:22	9 Heats	53
9:34	3.	200m Backstroke	Men	Timed Final	Open	0:14	3 Heats	17
9:48	4.	200m Backstroke	Women	Timed Final	Open	0:18	4 Heats	19
10:06	5.	50m Freestyle	Men	Timed Final	Open	0:13	9 Heats	52
10:19	6.	50m Freestyle	Women	Timed Final	Open	0:17	11 Heats	63
10:36	Break + Medal Ceremony (1-6)					0:15		
10:51	7.	200m Breaststroke	Men	Timed Final	Open	0:21	4 Heats	23
11:12	8.	200m Breaststroke	Women	Timed Final	Open	0:24	5 Heats	28
11:36	9.	400m Freestyle	Men	Timed Final	Open	0:23	3 Heats	16
11:59	10.	400m Freestyle	Women	Timed Final	Open	0:31	4 Heats	22
12:30	Break + Medal Ceremony (7-10)							
12:30	End of session				Total duration	3:30		

**Schedule Session No. 2 - Afternoon session**

**2/25/2024 - 14:20**

Warmup: 13:00 until 14:10

14:20	11.	200m Medley	Men	Timed Final	Open	0:21	5 Heats	30
14:41	12.	200m Medley	Women	Timed Final	Open	0:22	5 Heats	26
15:03	13.	200m Freestyle	Men	Timed Final	Open	0:27	7 Heats	42
15:30	14.	200m Freestyle	Women	Timed Final	Open	0:30	8 Heats	44
16:00	Break + Medal Ceremony (11-14)					0:15		
16:15	15.	50m Butterfly	Men	Timed Final	Open	0:11	6 Heats	33
16:26	16.	50m Butterfly	Women	Timed Final	Open	0:10	6 Heats	32
16:36	17.	100m Backstroke	Men	Timed Final	Open	0:23	8 Heats	47
16:59	18.	100m Backstroke	Women	Timed Final	Open	0:23	9 Heats	54
17:22	19.	100m Breaststroke	Men	Timed Final	Open	0:35	12 Heats	67
17:57	20.	100m Breaststroke	Women	Timed Final	Open	0:32	12 Heats	72
18:29	Break + Medal Ceremony (15-20)					0:15		
18:44	21.	4 x 50m Medley	Mixed	Timed Final	Open		not seeded	-
18:44	End of session				Total duration	4:24		