



# APPENDIX 6

**Finswimming Rules**

# FINSWIMMING EVENTS PROGRAM

Update January 22<sup>nd</sup> 2024



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## World Seniors & Juniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
<b>Day 1</b>	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	50AP Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	100 BF Women	100 BF Women	1500 SF Men
	100 BF Men	100 BF Men	100 BF Women
	4x100 SF Women	4x100 SF Women	100 BF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
		4x100 SF Men	
<b>Day 2</b>	400 SF Women	200 BF Women	
	400 SF Men	200 BF Men	200 BF Women
	200 BF Women	100 IM Women	200 BF Men
	200 BF Men	100 IM Men	100 IM Women
	100 IM Women	4x200 SF Women	100 IM Men
	100 IM Men	4x200 SF Men	4x200 SF Women
	4x200 SF Women		4x200 SF Men
	4x200 SF Men		
<b>Day 3</b>	400 BF Women	50 SF Women	
	400 BF Men	50 SF Men	50 SF Women
	50 SF Women	200 IM Women	50 SF Men
	50 SF Men	200 IM Men	200 IM Women
	200 IM Women	400 SF Women	200 IM Men
	200 IM Men	400 SF Men	400 SF Women
	4x100 SB Mixed	4x100 SB Mixed	400 SF Men
			4x100 SB Mixed
<b>Day 4</b>	200 SF Women	200 SF Women	
	200 SF Men	200 SF Men	200 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	200 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4x50 SF Women	400 BF Women	400 IM Men
	4x50 SF Men	400 BF Men	400 BF Women
		4x50 SF Women	400 BF Men
		4x50 SF Men	4x50 SF Women
		4x50 SF Men	
<b>Day 5</b>	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	50 BF Women	50 BF Women	100 SF Men
	50 BF Men	50 BF Men	50 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	50 BF Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women (Fast heat)
	4x100 BF Mixed	4x100 BF Mixed	800 SF Men (Fast heat)
			4x100 BF Mixed

## World Seniors & Juniors Open Water Championship

	<b>Morning HEATS or SLOW HEATS</b>	<b>Afternoon FINAL or FAST HEAT</b>
<b>Day 1</b>	1 km SF Women (Senior - Junior)	1 km BF Women (Senior - Junior)
	1 km SF Men (Senior - Junior)	1 km BF Men (Senior - Junior)
	150 m BF, Elimination Race (Senior Women), (Heats)	150 m SF, Elimination Race (Senior Women), (Heats)
	150 m BF, Elimination Race (Senior Men), (Heats)	150 m SF, Elimination Race (Senior Men), (Heats)
	150 m BF, Elimination Race (Junior Women), (Heats)	150 m SF, Elimination Race (Junior Women), (Heats)
	150 m BF, Elimination Race (Junior Men), (Heats)	150 m SF, Elimination Race (Junior Men), (Heats)
<b>Day 2</b>	5 km SF Women (Senior - Junior)	3km BF Women (Senior - Junior)
	5 km SF Men (Senior - Junior)	3km BF Men (Senior - Junior)
	4x150 m SB, Elimination Race (Senior), Heats	4x150 m SB, Elimination Race (Senior), Final
	4x150 m SB, Elimination Race (Junior), Heats	4x150 m SB, Elimination Race (Junior), Final
<b>Day 3</b>	150 m BF, Elimination Race Senior Women, Final	4x1km SB Senior
	150 m BF, Elimination Race Senior Men, Final	4x1km SB Junior
	150 m BF, Elimination Race Junior Women, Final	
	150 m BF, Elimination Race Junior Men, Final	
	150 m SF, Elimination Race Senior Women, Final	
	150 m SF, Elimination Race Senior Men, Final	
	150 m SF, Elimination Race Junior Women, Final	
	150 m SF, Elimination Race Junior Men, Final	

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## European Seniors & Juniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	200 SF Women	200 SF Women	50 AP Men
	200 SF Men	200 SF Men	200 SF Women
	400 BF Women	1500 SF Women (Fast heat)	200 SF Men
	400 BF Men	1500 SF Men (Fast heat)	1500 SF Women
	1500 SF Women (Slow heats)	4X100 SF Women	1500 SF Men
	1500 SF Men (Slow heats)	4X100 SF Men	4X100 SF Women
	4x100 SF Women		4X100 SF Men
	4x100 SF Men		
Day 2	50 BF Women	50 BF Women	
	50 BF Men	50 BF Men	50 BF Women
	400 SF Women	400 BF Women	50 BF Men
	400 SF Men	400 BF Men	400 BF Women
	100 IM Women	100 IM Women	400 BF Men
	100 IM Men	100 IM Men	100 IM Women
	4X200 SF Women	4X200 SF Women	100 IM Men
	4X200 SF Men	4X200 SF Men	4X200 SF Women
		4X200 SF Men	
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	100 BF Women	100 BF Women	50 SF Men
	100 BF Men	100 BF Men	100 BF Women
	200 IM Women	200 IM Women	100 BF Men
	200 IM Men	200 IM Men	200 IM Women
	4X100 BF X	400 SF Women	200 IM Men
	4X50 SF Women	400 SF Men	400 SF Women
	4X50 SF Men	4X100 BF X	400 SF Men
		4X50 SF Women	4X100 BF X
	4X50 SF Men	4X50 SF Women	
		4X50 SF Men	
Day 4	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	200 BF Women	200 BF Women	100 SF Men
	200 BF Men	200 BF Men	200 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	200 BF Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	800 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4X100 SB X	4X100 SB X	400 IM Men
		4X100 SB X	

## American Seniors Swimming Pool Championship

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
<b>Day 1</b>	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	100 BF Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	1500 SF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	4x200 SF Women	4x200 SF Women	400 IM Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
			4x200 SF Men
<b>Day 2</b>	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 SF Women	400 SF Women	50 BF Men
	400 SF Men	400 SF Men	400 SF Women
	100 IM Women	100 IM Women	400 SF Men
	100 IM Men	100 IM Men	100 IM Women
	400 BF Women (Slow heats)	400 BF Women (Fast heat)	100 IM Men
	400 BF Men (Slow heats)	400 BF Men (Fast heat)	400 BF Women
	4x50 SF Women	4x50 SF Women	400 BF Men
	4x50 SF Men	4x50 SF Men	4x50 SF Women
			4x50 SF Men
<b>Day 3</b>	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	200 SF Women (Slow heats)	200 SF Women (Fast heat)	50 AP Men
	200 SF Men (Slow heats)	200 SF Men (Fast heat)	200 SF Women
	200 BF Women (Slow heats)	200 BF Women (Fast heat)	200 SF Men
	200 BF Men (Slow heats)	200 BF Men (Fast heat)	200 BF Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	200 BF Men
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	800 SF Women
	4x100 BF X	4x100 BF X	800 SF Men
	4x100 SF Women	4x100 SF Women	4x100 BF X
	4x100 SF Men	4x100 SF Men	4x100 SF Women
		4x100 SF Men	



## African Seniors Championship

	<b>Morning HEATS or SLOW HEATS</b>	<b>Afternoon FINAL or FAST HEAT</b>	<b>Medal Ceremony</b>
<b>Day 1</b>	50 AP Women	50 AP Women	
	50 BF Women	50 BF Women	50 AP Women
	100 SF Men	100 SF Men	50 BF Women
	100 BF Men	100 BF Men	100 SF Men
	200 SF Women	200 SF Women	100 BF Men
	200 BF Women	200 BF Women	200 SF Women
	400 SF Men	400 SF Men	200 BF Women
	400 BF Men	400 BF Men	400 SF Men
	4x100 SF X	4x100 SF X	400 BF Men
		4x100 SF X	
<b>Day 2</b>	50 AP Men	50 AP Men	
	50 BF Men	50 BF Men	50 AP Men
	100 SF Women	100 SF Women	50 BF Men
	100 BF Women	100 BF Women	100 SF Women
	200 SF Men	200 SF Men	100 BF Women
	200 BF Men	200 BF Men	200 SF Men
	400 SF Women	400 SF Women	200 SF Men
	400 BF Women	400 BF Women	400 SF Women
	4x50 BF X	4x50 BF X	400 BF Women
		4x50 BF X	
<b>Day 3</b>	1 km SF Women	4x500 m SB X	
	1 km SF Men		1 km SF Women
	1 km BF Women		1 km SF Men
	1 km BF Men		1 km BF Women
			1 km BF Men
			4x500 SB X

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## Asian Seniors Swimming Pool Championship

	<b>Morning HEATS or SLOW HEATS</b>	<b>Afternoon FINAL or FAST HEAT</b>	<b>Medal Ceremony</b>
<b>Day 1</b>	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	400 SF Women	400 SF Women	100 BF Men
	400 SF Men	400 SF Men	400 SF Women
	4x50 SF X	4x50 SF X	400 SF Men
		4x50 SF X	
<b>Day 2</b>	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	200 SF Women	200 SF Women	100 IM Men
	200 SF Men	200 SF Men	200 SF Women
	200 BF Women	200 BF Women	200 SF Men
	200 BF Men	200 BF Men	200 BF Women
	1500 SF Women (Slow heats)	1500 SF Women (Fast heat)	200 BF Men
	1500 SF Men (Slow heats)	1500 SF Men (Fast heat)	1500 SF Women
	4x100 BF X	4x100 BF X	1500 SF Men
		4x100 BF X	
<b>Day 3</b>	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (Slow heats)	400 IM Women (Fast heat)	50 BF Men
	400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
	400 BF Women (Slow heats)	400 BF Women (Fast heat)	400 IM Men
	400 BF Men (Slow heats)	400 BF Men (Fast heat)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
		4x200 SF Men	
<b>Day 4</b>	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	800 SF Women (Slow heats)	800 SF Women (Fast heat)	50 AP Men
	800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women
	4x100 SF Women	4x100 SF women	800 SF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
		4x100 SF Men	

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## World Masters Swimming Pool Championship

	Morning Session	Afternoon Session
Day 1	50 SF Women	800 SF Women
	50 SF Men	800 SF Men
	100 BF Women	50 BF Women
	100 BF Men	50 BF Men
	400 SF Women	4x50 SF X
	400 SF Men	
	<b>Medal Ceremonies of all Events</b>	<b>Medal ceremonies of all Events</b>
Day 2	50 AP Women	100 SF Women
	50 AP Men	100 SF Men
	400 BF Women	200 BF Women
	400 BF Men	200 BF Men
	200 SF Women	4x100 SB X
	200 SF Men	
	<b>Medal Ceremonies of all Events</b>	<b>Medal Ceremonies of all Events</b>

## World Masters Open Water Championship

	Morning Session	Afternoon Session
Day 1	Training	4x1 km SB X
	Technical Meeting	
		Medal Ceremonies of the Event
Day 2	1 km BF Women	1 km SF Women
	1 km BF Men	1 km SF Men
	3 km SF Women	3 km BF Women
	3 km SF Men	3 km BF Men
	Medal Ceremonies of all Events	Medal Ceremonies of all Events

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**World Cup (Option 1)**

	<b>Morning Session</b>	<b>Afternoon Session</b>
<b>Day 1</b>	Technical Meeting	100 SF Men Senior
	Training	100 SF Women Senior
		100 SF Men Junior
		100 SF Women Junior
		1500 SF Men Senior
		1500 SF Women Senior
		1500 SF Men Junior
		1500 SF Women Junior
		<b>Medal Ceremonies</b>
		100 BF Men Senior
		100 BF Women Senior
		100 BF Men Junior
		100 BF Women Junior
		<b>Medal Ceremonies</b>
<b>Day 2</b>	200 SF Men Senior	200 IM Men Senior
	200 SF Women Senior	200 IM Women Senior
	200 SF Men Junior	200 IM Men Junior
	200 SF Women Junior	200 IM Women Junior
	200 BF Men Senior	800 SF Men Senior
	200 BF Women Senior	800 SF Women Senior
	200 BF Men Junior	800 SF Men Junior
	200 BF Women Junior	800 SF Women Junior
	<b>Medal Ceremonies</b>	<b>Medal Ceremonies</b>
	50 AP Men Senior	400 BF Men Senior
	50 AP Women Senior	400 BF Women Senior
	50 AP Men Junior	400 BF Men Junior
	50 AP Women Junior	400 BF Women Junior
	<b>Medal Ceremonies</b>	4x100 SF Men Senior
		4x100 SF Women Senior
		4x100 SF Men Junior
		4x100 SF Women Junior
	<b>Medal Ceremonies</b>	
<b>Day 3</b>	400 SF Men Senior	50 SF Men Senior
	400 SF Women Senior	50 SF Women Senior
	400 SF Men Junior	50 SF Men Junior
	400 SF Women Junior	50 SF Women Junior
	100 IM Men Senior	400 IM Men Senior
	100 IM Women Senior	400 IM Women Senior
	100 IM Men Junior	400 IM Men Junior
	100 IM Women Junior	400 IM Women Junior
	<b>Medal Ceremonies</b>	<b>Medal Ceremonies</b>
	50 BF Men Senior	4x100 SB X Seniors
	50 BF Women Senior	4x100 SB X Juniors
	50 BF Men Junior	<b>Medal Ceremonies</b>
	50 BF Women Junior	
	<b>Medal Ceremonies</b>	

**World Cup (Option 2,USA)**

	<b>Morning Session</b>	<b>Afternoon Session</b>
<b>Day 1</b>	50 SF Men Senior	50 AP Men Senior
	50 SF Women Senior	50 AP Women Senior
	50 SF Men Junior	50 AP Men Junior
	50 SF Women Junior	50 AP Women Junior
	50 BF Men Senior	400 BF Men Senior
	50 BF Women Senior	400 BF Women Senior
	50 BF Men Junior	400 BF Men Junior
	50 BF Women Junior	400 BF Women Junior
	800 SF Men Senior	4x100 SF Men Senior
	800 SF Women senior	4x100 SF Women Senior
	800 SF Men Junior	4x100 SF Men Junior
	800 SF Women Junior	4x100 SF Women Junior
	<b>Medal Ceremonies</b>	<b>Medal Ceremonies</b>
	<b>Day 2</b>	100 SF Men Senior
100 SF Women Senior		200 SF Women Senior
100 SF Men Junior		200 SF Men Junior
100 SF Women Junior		200 SF Women Junior
100 BF Men Senior		200 BF Men Senior
100 BF Women Senior		200 BF Women Senior
100 BF Men Junior		200 BF Men Junior
100 BF Women Junior		200 BF Women Junior
400 SF Men Senior		1500 SF Men Senior
400 SF Women Senior		1500 SF Women Senior
400 SF Men Junior		1500 SF Men Junior
400 SF Women Junior		1500 SF Women Junior
4x100 SB X Seniors		<b>Medal Ceremonies</b>
4x100 SB X Juniors		
<b>Medal Ceremonies</b>		

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## Juniors World Cup

	Morning Session	Afternoon Session
<b>Day 1</b>	50 SF C – D – E Women	50 AP C Women
	50 SF C – D – E Men	50 AP C Men
	100 IM C Women	200 BF C –D – E Women
	100 IM C Men	200 BF C – D – E Men
	400 SF C – D Women	4x50 SB C - D – E Mixed
	400 SF C – D Men	<b>Medal Ceremonies</b>
	400 BF C – D Women	
	400 BF C – D Men	
	4x50 BF E Mixed	
	<b>Medal Ceremonies</b>	
<b>Day 2</b>	200 IM C Women	200 SF C – D – E Women
	200 IM C Men	200 SF C – D – E Men
	50 BF C – D – E Women	100 BF C – D – E Women
	50 BF C – D – E Men	100 BF C – D – E Men
	800 SF C Women	4x100 SF C Women
	800 SF C Men	4x100 SF C Men
	100 SF C – D – E Women	<b>Medal Ceremonies</b>
	100 SF C – D – E Men	
	<b>Medal Ceremonies</b>	

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