

Competition programme			Accompanying programme
<b>MONDAY, 23 JANUARY 2023</b>	<b>Arrival day</b>		
<b>TUESDAY, 24 JANUARY 2023</b>	<b>10:00 - 12:00</b> <b>Test swims</b>  <b>12:00</b> <b>1000 m Freestyle Men</b>  <b>14:00</b> <b>1000 m Freestyle Women</b>  15:00 YOUNG SEALS, SEALS, POLAR BEARS	<b>10:00 - 11:00</b> <b>Medical checks</b> Meeting hall above the restaurant  <b>10:00</b> <b>Technical meeting 1000 m</b> Meeting hall above the restaurant	<b>15:30</b> <b>Victory ceremony</b> <b>Opening ceremony</b>  <b>18:00</b> <b>Welcome party</b>
<b>WEDNESDAY, 25 JANUARY 2023</b>	10:00 YOUNG SEALS, SEALS, POLAR BEARS  <b>10:00</b> <b>25 m Ice-butterfly Men</b>  <b>10:30</b> <b>25 m Ice-butterfly Women</b>  <b>11:00</b> <b>25 m Ice-butterfly</b> <b>Superfinals</b>  <b>12:00</b> <b>100m Breaststroke Men</b>  <b>12:45</b> <b>100m Breaststroke Women</b>  <b>13:30</b> <b>200 m Freestyle Men</b>  <b>14:25</b> <b>200 m Freestyle Women</b>	<b>15:00 - 17:00</b> <b>Medical checks</b> Meeting hall above the restaurant  <b>16:00</b> <b>Technical meeting 450 m</b> Meeting hall above the restaurant	<b>15:15</b>  <b>Victory ceremony</b>
<b>THURSDAY, 26 JANUARY 2023</b>	10:00 YOUNG SEALS, SEALS, POLAR BEARS  <b>10:00</b> <b>50 m Breaststroke Men</b>  <b>10:35</b>		

	<p><b>50 m Breaststroke Women</b></p> <p><b>50 m Breaststroke Superfinals</b></p> <p><b>12:20</b> <b>100m Freestyle Men</b></p> <p><b>12:55</b> <b>100m Freestyle Women</b></p> <p><b>13:25</b> <b>450 m Freestyle Men</b></p> <p><b>14:55</b> <b>450 m Freestyle Women</b></p>		<p><b>16:30</b> <b>Victory ceremony</b></p>
<p><b>FRIDAY, 27 JANUARY 2023</b></p>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>25 m Breaststroke Men</b></p> <p><b>10:40</b> <b>25 m Breaststroke Women</b></p> <p><b>25 m Breaststroke Superfinals</b></p> <p><b>12:30</b> <b>50 m Freestyle Men</b></p> <p><b>13:05</b> <b>50 m Freestyle Women</b></p> <p><b>13:40</b> <b>200 m Breaststroke Men</b></p> <p><b>14:15</b> <b>200 m Breaststroke Women</b></p>		<p><b>15:30</b> <b>Victory ceremony</b></p>
<p><b>SATURDAY, 28 JANUARY 2023</b></p>	<p>10:00 YOUNG SEALS, SEALS, POLAR BEARS</p> <p><b>10:00</b> <b>25 m Freestyle Men</b></p> <p><b>10:35</b> <b>25 m Freestyle Women</b></p> <p><b>25 m Freestyle Superfinals</b></p>		<p><b>14:45</b> <b>Victory ceremony</b></p> <p><b>19:00</b> <b>Gala dinner</b></p>

	<p><b>12:10</b> <b>4 x 25 m Breaststroke Relay</b></p> <p><b>4 x 15 m Freestyle Relay</b></p> <p><b>14:15</b> <b>Group swimming performance</b></p>		<p><b>21:00</b> <b>Evening party</b></p>
<p><b>SUNDAY, 29</b> <b>JANUARY</b> <b>2023</b></p>	<p><b>Departures</b></p>		