

1500m 800m 8

09:00, - 18:00.
09:00, - 17:00.

(2) (6) (4)
10 (2) 12 (3)
15 (4)
EUROBANK -
0026-0203-8501-0102-1910

- (Open).
FINA
Capsis Astoria Hotel Heraklion,
www.ymca.gr



1

23/4/2016 - 9:00 .μ.

1.	800m			9-16
2.	100m			
3.	200m			9-16
	30	-		
4.	50m			9-16
5.	100m			
6.	400m			9-16
7.	100m			
8.	100m			9-16
9.	50m			
10.	200m			9-16
11.	200m			
12.	400m			9-16
13.	50m			
14.	200m			9-16
15.	200m			
16.	50m			9-16

2

23/4/2016 - 18:00 μ.μ.

1.	800m			1-8
2.	800m			1-8
3.	100m			b-a
4.	200m			b-a
5.	50m			b-a
6.	100m			b-a
7.	400m			1-8
8.	100m			b-a
9.	100m			b-a
10.	50m			b-a
11.	200m			b-a
12.	200m			b-a
13.	400m			a
14.	50m			b-a
15.	200m			b-a
16.	200m			b-a
17.	50m			b-a
18.	8 50m		4 + 4	

3

24/4/2016 - 9:00 .μ.

1.	1500m			9-16
2.	100m			9-16
3.	200m			
4.	50m			9-16
5.	100m			
6.	400m			9-16
7.	100m			
8.	100m			9-16
9.	50m			
10.	200m			9-16
11.	200m			
12.	400m			9-16
13.	50m			
14.	200m			9-16
15.	200m			
16.	50m			9-16

4

24/4/2016 - 18:00 μ.μ.

1.	1500m			1-8
2.	1500m			1-8
3.	100m			b-a
4.	200m			b-a
5.	50m			b-a
6.	100m			b-a
7.	400m			1-8
8.	100m			b-a
9.	100m			b-a
10.	50m			b-a
11.	200m			b-a
12.	200m			b-a
13.	400m			a
14.	50m			b-a
15.	200m			b-a
16.	200m			b-a
17.	50m			b-a