

RUSSIAN NATIONAL SWIMMING CHAMPIONSHIPS 2012

PROGRAMME					
17.04.2012	18.04.2012	19.04.2012	20.04.2012	21.04.2012	22.04.2012
HEATS					
400 m Free W 50 m Breast M 200 m Fly W 400 m Free M 400 m IM W 100 m Fly M 100 m Free W 100 m Back M 4x200 m Free W 4x100 m Free M	200 m Free M 100 m Breast W 400 m IM M 200 m Back W 200 m Breast M 4x200 m Free M	800 m Free W (slow heats) 50 m Fly M 200 m IM W 200 m Back M 50 m Free W 4x100 m Free W	800 m Free M (slow heats) 100 m Fly W 200 m Fly M 50 m Breast W 50 m Free M 200 m Free W 50 m Back W	1500 m Free W (slow heats) 200 m IM M 200 m Breast W 100 m Breast M 100 m Back W 100 m Free M 4x100 m Medley W	1500 m Free M (slow heats) 50 m Fly W 50 m Back M 4x100 m Medley M
FINALS AND SEMIFINALS					
50 m Breast M - Semi 400 m Free W 400 m Free M 100 m Free W - Semi 100 m Fly M - Semi 400 m IM W 100 m Back M- Semi 200 m Fly W-Semi 50 m Breast M 4x200 m Free W 4x100 m Free M	200 m Free M - Semi 200 m Fly W 400 m IM M 100 m Breast W - Semi 100 m Fly M 100 m Free W 200 m Breast M - Semi 200 m Back W - Semi 100 m Back M 4x200 m Free M	50 m Free W - Semi 50 m Fly M - Semi 800 m Free W (fastest heat) 200 m Free M 200 m IM W - Semi 200 Breast M 100 m Breast W 200 m Back M - Semi 200 m Back W 50 m Free W 50 m Fly M 4x100 m Free W	50 m Breast W - Semi 50 m Free M - Semi 50 m Back W - Semi 800 m Free M (fastest heat) 200 m IM W 200 m Fly M - Semi 100 m Fly W-Semi 200 m Back M 200 m Free W - Semi 50 m Breast W 50 m Free M 50 m Back W	1500 m Free W (fastest heat) 200 m IM M - Semi 200 m Breast W - Semi 100 m Breast M - Semi 100 m Fly W 200 m Fly M 200 m Free W 100 m Free M - Semi 100 m Back W - Semi 4x100 m Medley W	1500 m Free M (fastest heat) 50 m Fly W - Semi 50 m Back M - Semi 200 m IM M 200 m Breast W 100 m Breast M 100 m Back W 100 m Free M 50 m Back M 50 m Fly W 4x100 m Medley M