



International Swimming Meet Energy Standard Cup 2017

Lignano Sabbiadoro (Italia)
6-7 May 2017

First Day 6 May 2017 (Saturday)					
Morning session: Warm-up 8.45 Start 10.00			Evening session: Warm-up 15.15 Start 17.00		
400 IM	YOUTH	Girls	200 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
100 FREE	YOUTH	Girls	100 BACK	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
200 BACK	YOUTH	Girls	200 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
50 FLY	YOUTH	Girls	50 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
4X200 FREE	YOUTH	Mixed	4X100 MEDLEY RELAY	YOUTH	Girls
		Mixed			Boys
	JUNIOR	Mixed		JUNIOR	Girls
		Mixed			Boys
Award Ceremony			Award Ceremony		

Second Day 7 May 2017 (Sunday)					
Morning session: Warm-up 8.45 Start 10.00			Evening session: Warm-up 15.15 Start 16.30		
1500 FREE	YOUTH	Boys	400 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Boys		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
100 BREAST	YOUTH	Girls	100 FLY	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
200 FLY	YOUTH	Girls	200 IM	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
50 BACK	YOUTH	Girls	50 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
Award Ceremony			Award Ceremony		
800 FREE	YOUTH	Girls	4X100 FREE	YOUTH	Girls
		Girls			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Girls			Boys
Award Ceremony			Award Ceremony		
TEAMS AND BEST PERFORMERS AWARD CEREMONY					