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| **1a Jornada - 1a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** |  | | **PROVA** |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** | 7:10 | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 7:40 |
| **-** | 7:40 | Escalfament 30' | **Grup 1** | **1** | **-** | 1:00 | 8:10 |
| **-** | 8:10 | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 8:15 |
| **-** | 8:15 | Escalfament 30' | **Grup 2** | **1** | **-** | 1:35 | 8:45 |
| **-** | 8:45 | Intercanvi Escalfament |  | **1** | **-** | 1:40 | 8:50 |
| **-** | 8:50 | Escalfament 30' | **Grup 3** | **1** | **-** | 2:10 | 9:20 |
| **-** | 9:20 | Muntatge Piscina |  | **1** | **-** | 2:20 | 9:30 |
| 1 | Elim. | **9:30** | 200 M. BRAÇA FEMENI |  | 6 | ABS/JUN | 2:41 | 9:51 |
| 2 | Elim. | 9:51 | 200 M. BRAÇA MASCULI |  | 6 | ABS/JUN | 3:01 | 10:11 |
| 3 | Elim. | 10:11 | 50 M. LLIURE FEMENI |  | 8 | ABS/JUN | 3:10 | 10:20 |
| 4 | Elim. | 10:20 | 50 M. LLIURE MASCULI |  | 8 | ABS/JUN | 3:19 | 10:29 |
| 5 | Elim. | 10:29 | 50 M. ESQUENA FEMENI |  | 4 | ABSO | 3:28 | 10:38 |
| 6 | Elim. | 10:38 | 50 M. ESQUENA MASCULI |  | 4 | ABSO | 3:36 | 10:46 |
| 7 | C/R | 10:46 | 1500 M. LLIURE FEMENI |  | 2 | ABS/JUN | 4:17 | 11:27 |
| 8 | C/R | 11:27 | 1500 M. LLIURE MASCULI |  | 3 | ABS/JUN | 5:14 | 12:24 |
|  | - | 12:24 | Sortida Esportistes |  | 1 | - | 5:24 | 12:34 |

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| **1a Jornada - 2a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** | **PROVA** | | |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** 16:15 | | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 16:45 |
| **-** 16:45 | | Escalfament 30' | **Pr. 7-8-3-4-1-2** | **1** | **-** | 1:00 | 17:15 |
| **-** 17:15 | | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 17:20 |
| **-** 17:20 | | Escalfament 30' | **Pr. 5-6-9-10** | **1** | **-** | 1:35 | 17:50 |
| **-** 17:50 | | Muntatge Piscina |  | **1** | **-** | 1:45 | 18:00 |
| 7 | Ú/S | **18:00** | 1500 M. LLIURE FEMENI |  | 1 | ABS/JUN | 2:05 | 18:20 |
| 8 | Ú/S | 18:20 | 1500 M. LLIURE MASCULI |  | 1 | ABS/JUN | 2:25 | 18:40 |
| 3 | FINAL | 18:40 | 50 M. LLIURE FEMENI |  | 2 | ABS/JUN | 2:28 | 18:43 |
| 4 | FINAL | 18:43 | 50 M. LLIURE MASCULI |  | 2 | ABS/JUN | 2:31 | 18:46 |
| 1 | FINAL | 18:46 | 200 M. BRAÇA FEMENI |  | 2 | ABS/JUN | 2:39 | 18:54 |
|  | - 18:54 | | Cerimònia Entrega Medalles |  | 1 | - | 2:49 | 19:04 |
| 2 | FINAL | 19:04 | 200 M. BRAÇA MASCULI |  | 2 | ABS/JUN | 2:56 | 19:11 |
| 5 | FINAL | 19:11 | 50 M. ESQUENA FEMENI |  | 2 | ABSO | 3:00 | 19:15 |
| 6 | FINAL | 19:15 | 50 M. ESQUENA MASCULI |  | 2 | ABSO | 3:04 | 19:19 |
| 9 | C/R | 19:19 | 4x200 M. LLIURE FEMENI |  | 2 | JUN | 3:25 | 19:40 |
| 10 | C/R | 19:40 | 4x200 M. LLIURE MASCULI |  | 2 | JUN | 3:43 | 19:58 |
|  | - 19:58 | | Cerimònia Entrega Medalles |  | 1 | - | 3:53 | 20:08 |
| - 20:08 | | Sortida Esportistes | 1 | - | 4:03 | 20:18 |

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| **2a Jornada - 1a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** |  | | **PROVA** |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** | 7:10 | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 7:40 |
| **-** | 7:40 | Escalfament 30' | **Grup 3** | **1** | **-** | 1:00 | 8:10 |
| **-** | 8:10 | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 8:15 |
| **-** | 8:15 | Escalfament 30' | **Grup 1** | **1** | **-** | 1:35 | 8:45 |
| **-** | 8:45 | Intercanvi Escalfament |  | **1** | **-** | 1:40 | 8:50 |
| **-** | 8:50 | Escalfament 30' | **Grup 2** | **1** | **-** | 2:10 | 9:20 |
| **-** | 9:20 | Muntatge Piscina |  | **1** | **-** | 2:20 | 9:30 |
| 11 | Elim. | **9:30** | 200 M. LLIURE FEMENI |  | 8 | ABS/JUN | 2:44 | 9:54 |
| 12 | Elim. | 9:54 | 200 M. LLIURE MASCULI |  | 8 | ABS/JUN | 3:07 | 10:17 |
| 13 | Elim. | 10:17 | 200 M. ESQUENA FEMENI |  | 6 | ABS/JUN | 3:31 | 10:41 |
| 14 | Elim. | 10:41 | 200 M. ESQUENA MASCULI |  | 6 | ABS/JUN | 3:55 | 11:05 |
| 15 | Elim. | 11:05 | 100 M. BRAÇA FEMENI |  | 7 | ABS/JUN | 4:09 | 11:19 |
| 16 | Elim. | 11:19 | 100 M. BRAÇA MASCULI |  | 8 | ABS/JUN | 4:24 | 11:34 |
| 17 | C/R | 11:34 | 400 M. ESTILS FEMENI |  | 4 | ABS/JUN | 4:49 | 11:59 |
| 18 | C/R | 11:59 | 400 M. ESTILS MASCULI |  | 5 | ABS/JUN | 5:19 | 12:29 |
|  | - | 12:29 | Sortida Esportistes |  | 1 | - | 5:29 | 12:39 |

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| **2a Jornada - 2a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** | **PROVA** | | |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** 16:15 | | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 16:45 |
| **-** 16:45 | | Escalfament 30' | **Pr. 11 a 16** | **1** | **-** | 1:00 | 17:15 |
| **-** 17:15 | | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 17:20 |
| **-** 17:20 | | Escalfament 30' | **Pr. 17 a 20** | **1** | **-** | 1:35 | 17:50 |
| **-** 17:50 | | Muntatge Piscina |  | **1** | **-** | 1:45 | 18:00 |
| 11 | Final | **18:00** | 200 M. LLIURE FEMENI |  | 2 | ABS/JUN | 1:51 | 18:06 |
| 12 | Final | 18:06 | 200 M. LLIURE MASCULI |  | 2 | ABS/JUN | 1:58 | 18:13 |
| 13 | Final | 18:13 | 200 M. ESQUENA FEMENI |  | 2 | ABS/JUN | 2:06 | 18:21 |
| 14 | Final | 18:21 | 200 M. ESQUENA MASCULI |  | 2 | ABS/JUN | 2:14 | 18:29 |
| 15 | Final | 18:29 | 100 M. BRAÇA FEMENI |  | 2 | ABS/JUN | 2:18 | 18:33 |
|  | - 18:33 | | Cerimònia Entrega Medalles |  | 1 | - | 2:28 | 18:43 |
| 16 | Final | 18:43 | 100 M. BRAÇA MASCULI |  | 2 | ABS/JUN | 2:33 | 18:48 |
| 17 | Ú/S | 18:48 | 400 M. ESTILS FEMENI |  | 1 | ABS/JUN | 2:40 | 18:55 |
| 18 | Ú/S | 18:55 | 400 M. ESTILS MASCULI |  | 1 | ABS/JUN | 2:46 | 19:01 |
| 19 | C/R | 19:01 | 4x100 M. ESTILS FEMENI |  | 2 | JUN | 2:57 | 19:12 |
| 20 | C/R | 19:12 | 4x100 M. ESTILS MASCULI |  | 2 | JUN | 3:08 | 19:23 |
|  | - 19:23 | | Cerimònia Entrega Medalles |  | 1 | - | 3:18 | 19:33 |
| - 19:33 | | Sortida Esportistes | 1 | - | 3:28 | 19:43 |

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| **3a Jornada - 1a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** |  | | **PROVA** |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** | 7:10 | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 7:40 |
| **-** | 7:40 | Escalfament 30' | **Grup 2** | **1** | **-** | 1:00 | 8:10 |
| **-** | 8:10 | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 8:15 |
| **-** | 8:15 | Escalfament 30' | **Grup 3** | **1** | **-** | 1:35 | 8:45 |
| **-** | 8:45 | Intercanvi Escalfament |  | **1** | **-** | 1:40 | 8:50 |
| **-** | 8:50 | Escalfament 30' | **Grup 1** | **1** | **-** | 2:10 | 9:20 |
| **-** | 9:20 | Muntatge Piscina |  | **1** | **-** | 2:20 | 9:30 |
| 21 | Elim. | **9:30** | 100 M. ESQUENA FEMENI |  | 8 | ABS/JUN | 2:41 | 9:51 |
| 22 | Elim. | 9:51 | 100 M. ESQUENA MASCULI |  | 7 | ABS/JUN | 2:59 | 10:09 |
| 23 | Elim. | 10:09 | 200 M. ESTILS FEMENI |  | 8 | ABS/JUN | 3:26 | 10:36 |
| 24 | Elim. | 10:36 | 200 M. ESTILS MASCULI |  | 8 | ABS/JUN | 3:51 | 11:01 |
| 25 | Elim. | 11:01 | 100 M. PAPALLONA FEMENI |  | 7 | ABS/JUN | 4:04 | 11:14 |
| 26 | Elim. | 11:14 | 100 M. PAPALLONA MASCULI |  | 8 | ABS/JUN | 4:18 | 11:28 |
| 27 | C/R | 11:28 | 400 M. LLIURE FEMENI |  | 5 | ABS/JUN | 4:46 | 11:56 |
| 28 | C/R | 11:56 | 400 M. LLIURE MASCULI |  | 5 | ABS/JUN | 5:13 | 12:23 |
|  | - | 12:23 | Sortida Esportistes |  | 1 | - | 5:23 | 12:33 |

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| **3a Jornada - 2a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** | **PROVA** | | |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** 16:15 | | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 16:45 |
| **-** 16:45 | | Escalfament 30' | **Pr. 27-28-21-22-23-24** | **1** | **-** | 1:00 | 17:15 |
| **-** 17:15 | | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 17:20 |
| **-** 17:20 | | Escalfament 30' | **Pr. 25-26-29-40** | **1** | **-** | 1:35 | 17:50 |
| **-** 17:50 | | Muntatge Piscina |  | **1** | **-** | 1:45 | 18:00 |
| 27 | Ú/S | **18:00** | 400 M. LLIURE FEMENI |  | 1 | ABS/JUN | 1:51 | 18:06 |
| 28 | Ú/S | 18:06 | 400 M. LLIURE MASCULI |  | 1 | ABS/JUN | 1:56 | 18:11 |
| 21 | Final | 18:11 | 100 M. ESQUENA FEMENI |  | 2 | ABS/JUN | 2:02 | 18:17 |
| 22 | Final | 18:17 | 100 M. ESQUENA MASCULI |  | 2 | ABS/JUN | 2:07 | 18:22 |
| 23 | Final | 18:22 | 200 M. ESTILS FEMENI |  | 2 | ABS/JUN | 2:14 | 18:29 |
|  | - 18:29 | | Cerimònia Entrega Medalles |  | 1 | - | 2:24 | 18:39 |
| 24 | Final | 18:39 | 200 M. ESTILS MASCULI |  | 2 | ABS/JUN | 2:31 | 18:46 |
| 25 | Final | 18:46 | 100 M. PAPALLONA FEMENI |  | 2 | ABS/JUN | 2:35 | 18:50 |
| 26 | Final | 18:50 | 100 M. PAPALLONA MASCULI |  | 2 | ABS/JUN | 2:39 | 18:54 |
| 29 | C/R | 18:54 | 4x100 M. LLIURE FEMENI |  | 2 | JUN | 2:50 | 19:05 |
| 30 | C/R | 19:05 | 4x100 M. LLIURE MASCULI |  | 2 | JUN | 2:59 | 19:14 |
|  | - 19:14 | | Cerimònia Entrega Medalles |  | 1 | - | 3:09 | 19:24 |
| - 19:24 | | Sortida Esportistes | 1 | - | 3:19 | 19:34 |

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| **4a Jornada - 1a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** | **PROVA** | | |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** 7:10 | | Obertura Instal·lacions |  | **1** | **-** | 0:30 | 7:40 |
| **-** 7:40 | | Escalfament 30' | **Grup 1** | **1** | **-** | 1:00 | 8:10 |
| **-** 8:10 | | Intercanvi Escalfament |  | **1** | **-** | 1:05 | 8:15 |
| **-** 8:15 | | Escalfament 30' | **Grup 2** | **1** | **-** | 1:35 | 8:45 |
| **-** 8:45 | | Intercanvi Escalfament |  | **1** | **-** | 1:40 | 8:50 |
| **-** 8:50 | | Escalfament 30' | **Grup 3** | **1** | **-** | 2:10 | 9:20 |
| **-** 9:20 | | Muntatge Piscina |  | **1** | **-** | 2:20 | 9:30 |
| 31 | Elim. | **9:30** | 100 M. LLIURE FEMENI |  | 8 | ABS/JUN | 2:34 | 9:44 |
| 32 | Elim. | 9:44 | 100 M. LLIURE MASCULI |  | 8 | ABS/JUN | 2:47 | 9:57 |
| 33 | Elim. | 9:57 | 200 M. PAPALLONA FEMENI |  | 3 | ABS/JUN | 2:57 | 10:07 |
| 34 | Elim. | 10:07 | 200 M. PAPALLONA MASCULI |  | 5 | ABS/JUN | 3:12 | 10:22 |
| 35 | C/R | 10:22 | 800 M. LLIURE FEMENI |  | 3 | ABS/JUN | 3:45 | 10:55 |
| 36 | C/R | 10:55 | 800 M. LLIURE MASCULI |  | 3 | ABS/JUN | 4:16 | 11:26 |
| 37 | Elim. | 11:26 | 50 M. BRAÇA FEMENI |  | 4 | ABSO | 4:21 | 11:31 |
| 38 | Elim. | 11:31 | 50 M. BRAÇA MASCULI |  | 4 | ABSO | 4:26 | 11:36 |
| 39 | Elim. | 11:36 | 50 M. PAPALLONA FEMENI |  | 4 | ABSO | 4:31 | 11:41 |
| 40 | Elim. | 11:41 | 50 M. PAPALLONA MASCULI |  | 4 | ABSO | 4:35 | 11:45 |
|  | - 11:45 | | Sortida Esportistes |  | 1 | - | 4:45 | 11:55 |

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| **4a Jornada - 2a Sessió** | | | | | | | | |
| **Sessió** | | | | | | | | |
| **Nº** | **PROVA** | | |  | **SERIES** | **CAT** | **ACUM.** | **HORARI** |
|  | **-** 16:15 Obertura Instal·lacions | | |  | **1** | **-** | 0:30 | 16:45 |
| **-** 16:45 Escalfament 30' | | | **Pr. 35-36-31-32-33-34** | **1** | **-** | 1:00 | 17:15 |
| **-** 17:15 Intercanvi Escalfament | | |  | **1** | **-** | 1:05 | 17:20 |
| **-** 17:20 Escalfament 30' | | | **Pr. 37-38-39-40-41** | **1** | **-** | 1:35 | 17:50 |
| **-** 17:50 Muntatge Piscina | | |  | **1** | **-** | 1:45 | 18:00 |
| 35 | Ú/S | **18:00** | 800 M. LLIURE FEMENI |  | 1 | ABS/JUN | 1:56 | 18:11 |
| 36 | Ú/S | 18:11 | 800 M. LLIURE MASCULI |  | 1 | ABS/JUN | 2:06 | 18:21 |
| 31 | Final | 18:21 | 100 M. LLIURE FEMENI |  | 2 | ABS/JUN | 2:11 | 18:26 |
| 32 | Final | 18:26 | 100 M. LLIURE MASCULI |  | 2 | ABS/JUN | 2:15 | 18:30 |
| 33 | Final | 18:30 | 200 M. PAPALLONA FEMENI |  | 2 | ABS/JUN | 2:22 | 18:37 |
| 34 | Final | 18:37 | 200 M. PAPALLONA MASCULI |  | 2 | ABS/JUN | 2:29 | 18:44 |
|  | - 18:44 Cerimònia Entrega Medalles | | |  | 1 | - | 2:39 | 18:54 |
| 37 | Final | 18:54 | 50 M. BRAÇA FEMENI |  | 2 | ABSO | 2:42 | 18:57 |
| 38 | Final | 18:57 | 50 M. BRAÇA MASCULI |  | 2 | ABSO | 2:45 | 19:00 |
| 39 | Final | 19:00 | 50 M. PAPALLONA FEMENI |  | 2 | ABSO | 2:48 | 19:03 |
| 40 | Final | 19:03 | 50 M. PAPALLONA MASCULI |  | 2 | ABSO | 2:51 | 19:06 |
| 41 | C/R | 19:06 | 4x100 M. ESTILS MIXTE |  | 1 | JUN | 2:57 | 19:12 |
|  | - 19:12 Cerimònia Entrega Medalles | | |  | 1 | - | 3:07 | 19:22 |
| - 19:22 Sortida Esportistes | | | 1 | - | 3:17 | 19:32 |