

TECHNICAL PROGRAM 53° MEETING DEL VERBANO



Saturday 16/05/2026

MORNING

Warm-up 07:15
Start of competition 08:45

| | | | |
|------------------|---|--------------|--------------------------|
| 400 freestyle | W | cat. 1-2-3-4 | 16 athletes per category |
| 400 freestyle | M | cat. 1-2-3-4 | 16 athletes per category |
| 100 backstroke | W | cat. 1-2-3-4 | 32 athletes per category |
| 100 backstroke | M | cat. 1-2-3-4 | 32 athletes per category |
| 200 breaststroke | W | cat. 1-2-3-4 | 24 athletes per category |
| 200 breaststroke | M | cat. 1-2-3-4 | 24 athletes per category |

AFTERNOON

Warm-up 14:00
Start of competition 15:30

| | | | |
|---------------|---|--------------|--------------------------|
| 200 freestyle | M | cat. 1-2-3-4 | 24 athletes per category |
| 200 freestyle | W | cat. 1-2-3-4 | 24 athletes per category |
| 100 butterfly | M | cat. 1-2-3-4 | 32 athletes per category |
| 100 butterfly | W | cat. 1-2-3-4 | 32 athletes per category |
| 200 medley | M | cat. 1-2-3-4 | 24 athletes per category |
| 200 medley | W | cat. 1-2-3-4 | 24 athletes per category |

Sunday 17/05/2026

MORNING

Warm-up 07:15
Start of competition 08:45

| | | | |
|-------------------|-------|-------------------|--------------------------|
| 100 freestyle | W | cat. 1-2-3-4 | 40 athletes per category |
| 100 freestyle | M | cat. 1-2-3-4 | 40 athletes per category |
| 200 butterfly | W | cat. 1-2-3-4 | 24 athletes per category |
| 200 butterfly | M | cat. 1-2-3-4 | 24 athletes per category |
| 200 backstroke | W | cat. 1-2-3-4 | 24 athletes per category |
| 200 backstroke | M | cat. 1-2-3-4 | 24 athletes per category |
| 4x50 mixed medley | 2M/2W | cat. 3-4 together | 2 teams per club |

AFTERNOON

Warm-up 14:00
Start of competition 15:30

| | | | |
|--------------------|-------|-------------------|--------------------------|
| 100 breaststroke | M | cat. 1-2-3-4 | 32 athletes per category |
| 100 breaststroke | W | cat. 1-2-3-4 | 32 athletes per category |
| 400 medley | M | cat. 1-2-3-4 | 8 athletes per category |
| 400 medley | W | cat. 1-2-3-4 | 8 athletes per category |
| 50 freestyle | M | Open | max 64 athletes |
| 50 freestyle | W | Open | max 64 athletes |
| 4x100 mixed medley | 2M/2W | cat. 1-2 together | 2 teams per club |

Category 4 = 2014 - 2015
Category 3 = 2012 - 2013
Category 2 = 2010 - 2011
Category 1 = 2009 + older
Open = Cat. 1-2-3-4