

CMAS Program Continental and World Championships

Rules 2017 : Point 3.3.6.

h) The 4-day program:

	Morning HEATS or SLOW HEATS	Afternoon FINAL or FAST HEAT	Medal Ceremony
Day 1	100 SF Women	100 SF Women	
	100 SF Men	100 SF Men	100 SF Women
	100 BF Women	100 BF Women	100 SF Men
	100 BF Men	100 BF Men	100 BF Women
	400 SF Women	400 SF Women	100 BF Men
	400 SF Men	400 SF Men	400 SF Women
	4x100 BF mixed	4x100 BF mixed	400 SF Men
		4x100 BF mixed	
Day 2	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	1500 SF Women (slow heats)	1500 SF Women (fast heat)	100 IM Men
	1500 SF Men (slow heats)	1500 SF Men (fast heat)	1500 SF Women
	200 BF Women	200 BF Women	1500 SF Men
	200 BF Men	200 BF Men	200 BF Women
	200 SF Women	200 SF Women	200 BF Men
	200 SF Men	200 SF Men	200 SF Women
	4x50 SF mixed	4x50 SF mixed	200 SF Men
		4x50 SF mixed	
Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (slow heats)	400 IM Women (fast heat)	50 BF Men
	400 IM Men (slow heats)	400 IM Men (fast heat)	400 IM Women
	400 BF Women(slow heats)	400 BF Women(fast heat)	400 IM Men
	400 BF Men(slow heats)	400 BF Men (fast heat)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
		4x200 SF Men	
Day 4	50 AP Women	50 AP Women	
	50 AP Men	50 AP Men	50 AP Women
	800 SF Women (slow heats)	800 SF Women (Fast heat)	50 AP Men
	800 SF Men (slow heats)	800 SF Men (Fast heat)	800 SF Women
	4x100 SF Women	4x100 SF Women	800 SF Men
	4x100 SF Men	4x100 SF Men	4x100 SF Women
		4x100 SF Men	

Voted by BOD194, October 2016 1st