**Program competitie – update 30.09.2020**

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|  | **Ziua I – 30.09.20** |  |  |
| **Ora** | **Reuniunea 1**  | **Nr. serii** | **Nr. sportivi**  |
| 8.20 - 8.50 | incalzire 50m L F | 1-8 | 59 |
| 8.55 - 9.25 | incalzire 50m L F | 9-12 | 32 |
|  | incalzire 200m S F | 1-4 | 29 |
|  | **Start Reuniunea 1 F** |  |  |
| 9.30 - 9.55 | 1. 50 m liber F | 12 | 91 |
| 10.00 -10.15 | 2. 200 m spate F | 4 | 29 |
|  | Premiere probe FPauza - acces Masculin  |  |  |
| 10.45 - 11.15 | incalzire 50m F M | 1-8 | 59 |
| 11.20 - 11.50 | incalzire 50m F M | 9-15 | 56 |
|  | **Start Reuniunea 1 B** |  |  |
| 11.55 - 12.25 | 3. 50 m fluture M | 15 | 115 |
| 12.25 - 12.55 | incalzire 400 L M | 1-5 | 36 |
| 13.10 - 13.40 | 4. 400 m liber M | 5 | 36 |
|  | Premiere probe M |  |  |
| Ora | **Reuniunea 2**  |  |  |
| 14.50-15.20 | incalzire 100 L F | 1-8 | 59 |
| 15.25-15.55 | incalzire 100 L F | 9-10 | 16 |
| 15.25-15.55 | incalzire 100 B F | 1-5 | 38 |
|  | **Start reuniunea 2 F** |  |  |
| 16.00 - 16.20 | 6. 100 m liber F  | 10 | 75 |
| 16.25 - 16.35 | 8. 100 m bras F  | 5 | 38 |
|  | Premiere probe FPauza - acces Masculin  |  |  |
| 17.05 - 17.35 | incalzire 200 L M | 1-8 | 60 |
| 17.40 - 18.10 | incalzire 100 B M | 1-7 | 53 |
|  | **Start reuniunea 2 B** |  |  |
| 18.15 - 18.40 | 5. 200 m liber M | 8 | 60 |
| 18.40 - 19.00 | 7. 100 m bras M | 7 | 53 |
|  | Premiere probe M |  |  |

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|  | **Ziua II – 01.10.20** |  |  |
| **Ora** | **Reuniunea 3**  | **Nr. serii** | **Nr. sportivi**  |
| 8.20 - 8.50  | incalzire 50 L M  | 1-8 | 63 |
| 8.55 - 9.25 | incalzire 50 L M  | 9-16 | 64 |
|  | **Start reuniunea 3 M** |  |  |
| 9.30 - 09.55 | 9. 50 m liber M | 16 | 127 |
| 10.00 - 10.30 | incalzire 200 spate  | 1-4  | 31 |
| 10.45 - 10.55 | 11. 200 m spate M | 4 | 31 |
|  | Premiere probe MPauza - acces Feminin |  |  |
| 11.10 - 11.40 | incalzire 200 bras F | 4 | 29 |
| 11.10 - 11.40 | incalzire 800 liber F | 4 | 25 |
|  | **Start reuniunea 3 F** |  |  |
| 11.45 - 12.00 | 10. 200 m bras F | 4 | 29 |
| 12.00 – 12.50 | 12. 800 m liber F | 4 | 25 |
|  | Premiere probe F |  |  |
|  | **Reuniunea 4**  |  |  |
| 14.50 -15.20  | incalzire 100 F M | 1-8 | 64 |
| 15.25 - 15.55 | incalzire 100 F M | 9-10  | 13 |
| 15.25 – 15.55 | incalzire 400 M M | 2 | 14 |
|  | **Start reuniunea 4 M** |  |  |
| 16.00 - 16.20 | 14. 100 m fluture M | 10 | 77 |
| 16.20 - 16.35 | 16. 400 m mixt M | 2 | 14 |
|  | Premiere probe MPauza - access Feminim |  |  |
| 16.50 - 17.10 | incalzire 50 bras F | 1-7 | 56 |
| 17.15 - 17.45 | incalzire 200 fluture F | 1-3 | 20 |
|  | **Start reuniunea 4 F** |  |  |
| 17.50 - 18.05 | 13. 50 m bras F | 7 | 56 |
| 18.05 - 18.15 | 15. 200m fluture F | 3 | 20 |
|  | Premiere probe F |  |  |

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|  | **Ziua III – 02.10.20** |  |  |
| **Ora** | **Reuniunea 5**  | **Nr. serii** | **Nr. sportivi**  |
| 8.20 - 8.50 | incalzire 50 spate F | 1 - 8 | 64 |
| 8.55 - 9.25 | Incalzire 400 mixt F | 1-2 | 15 |
|  | **Start reuniunea 5 F** |  |  |
| 9.30 - 09.50  | 17. 50 m spate F | 8 | 64 |
| 09.55 - 10.10 | 19. 400 m mixt F | 2 | 15 |
|  | Premiere probe fetePauza - acces masculin |  |  |
| 10.25 - 10.55 | incalzire 100 spate M | 1-7 | 56 |
| 11.00 - 11.30 | Incalzire 1500 liber M | 1-3 | 17 |
|  | **Start reuniunea 5 M** |  |  |
| 11.35 - 11.50 | 18. 100 m spate M | 7 | 56 |
| 11.50 – 12.45 | 20. 1500 m liber M | 3 | 17 |
|  | Premiere probe M |  |  |
|  | **Reuniunea 6**  |  |  |
| 14.50 -15.20 | incalzire 100 fluture F | 1-5 | 37 |
| 15.25 - 15.55 | incalzire 200 liber F | 1-6 | 45 |
|  | **Start reuniunea 6 F** |  |  |
| 16.00 - 16.10 | 22. 100 m fluture F | 5 | 37 |
| 16.10 - 16.30 | 24. 200 m liber F | 6 | 45 |
|  | **Premiere probe F****Pauza – acces masculin** |  |  |
| 16.45 - 17.15 | incalzire 50 bras M | 1-8 | 64 |
| 17.20 - 17.50 | incalzire 50 bras M | 9 | 8 |
| 17.20 – 17.50 | incalzire 200 fluture | 5 | 50 |
| 17.55 - 18.10 | 21. 50 m bras M | 9 | 72 |
| 18.10 - 18.30 | 23. 200 m fluture M | 5 | 40 |
|  | Premiere probe M |  |  |
|  | **Ziua IV – 03.10.20** |  |  |
| **Ora** | **Reuniunea 7 - 9.30** | **Nr. serii** | **Nr. sportivi**  |
| 8.20 - 8.50 | incalzire 100 liber M | 1- 8 | 64 |
| 8.55 - 9.25 | incalzire 100 liber M | 9 - 14 | 48 |
|  | **Start reuniunea 7 M** |  |  |
| 9.30 – 09.55 | 25. 100 m liber M | 14 | 112 |
| 10.00 - 10.35 | Premiere 100 L Mincalzire 200 bras M | 4 | 32 |
| 10.50 - 11.05 | 27. 200 m bras M | 4 | 32 |
|  | **Premiere 200 B M Pauza - access Feminin**  |  |  |
| 11.20 - 11.50 | incalzire 100 spate F | 6 | 44 |
| 11.55 - 12.25 | incalzire 400 liber F  | 4 | 28 |
|  | **Start reuniunea 7 F** |  |  |
| 12.30 - 12.40 | 26. 100 m spate F | 6 | 44 |
| 12.40 - 13.05 | 28. 400 m liber F | 4 | 28 |
|  | Premiere probe F |  |  |
|  | **Reuniunea 8 - 17.00** |  |  |
| 14.50 - 15.20 | incalzire 50 spate M | 1-9 | 67! +cul A |
| 15.25 - 15.55 | incalzire 200 M  | 1-8 | 60 |
|  | **Start reuniunea 8 M** |  |  |
| 16.00 . 16.20 | 30. 50 m spate M | 1-9 | 67 |
| 16.20 - 16.45 | 32. 200 m mixt M | 1-8 | 60 |
|  | **Premiere probe M Pauza - access Feminin**  |  |  |
| 17.00 - 17.30 | incalzire 50 fluture F | 1-8 | 64 |
| 17.35 - 18.05 | incalzire 50 fluture F | 9 | 8 |
| 17.35 – 18.05 | incalzire 200 mixt F | 1-5 | 37 |
|  | **Start reuniunea 8 F** |  |  |
| 18.10 - 18.25 | 29. 50 m fluture F | 9 | 72 |
| 18.25 – 18.40  | 31. 200 m mixt F | 5 | 37 |
|  | Premiere probe F |  |  |