###### SCHEDULE OF THE POLISH ICE SWIMMING CHAMPIONSHIP

**FRIDAY 7/01/2022**

17:00-20:00 – office – collection of packages

**SOBOTA 8/01/2022**

9:00- office – collection of packages

10:10 - official start of the competition

10:30 – 11.20 – 50 m freestyle

11:30 - 12:10 –100 m breakstroke

12:10 - 12:30 – start „PORPOISE” – - the youngest swimers in the protection of their parents + start everyone can stay „ PORPOISE”

12:35 - 13:40 – 100 m freestyle

13:40 – 14:20 – 25m freestyle

14:20 –16.00 freestyle 1 KM BALTIC COLD BEAST

17:00 – award ceremony

**NIEDZIELA 9/01/2022**

8:00- office – collection of packages

09:00 – 10.10 – 250 m freestyle

10:10 – 11:05 – 50 m breakstroke

11:10 – 11:30 – 50 m motylkowy

11:30 – 13:05 – 500 m freestyle

13:05 – 13:30 – ICE SWIM FUN

13:30 – 14:30 – Relay freestyle 4 × 50 m (mix. Minimum 1 woman in the relay)

15:00 – award ceremony, official closing of the competition