



**2025 CMAS EUROPEAN CHAMPIONSHIP
FIMSWIMMING INDOOR
15 - 21 July 2025
Olsztyn - Poland**



PROGRAM

DAY 1 15.07.2025 (TUESDAY)

from 14:00 – group check-in at hotels

optional training session (extra fee - 40 euros/lane) from 17:00 to 19:00

*Participants interested in the training session are requested to register by email (ec2025@pzp-n.pl) no later than June 27, 2025

DAY 2 16.07.2025 (WEDNESDAY)

- 11:00 – Technical meeting
- 11:30 – 14:30 – Training
- 16:30 – Athletes' parade
- 17:00 – Opening ceremony
- 19:00 – VIP dinner

DAY 3 17.07.2025 (THURSDAY)

- Morning sessions with warm ups starting at 8:00 and competitions at 9:30
- Afternoon sessions with warm ups starting at 16:00 and competitions at 17:00

MORNING HEATS OR SLOW HEATS	AFTERNOON FINAL OR FAST HEAT	MEDAL CEREMONY
50 AP Women	50 AP Women	
50 AP Men	50 AP Men	50 AP Women
200 SF Women	200 SF Women	50 AP Men
200 SF Men	200 SF Men	200 SF Women
400 BF Women	1500 SF Women (Fast heat)	200 SF Men 200
400 BF Men	1500 SF Men (Fast heat)	1500 SF Women
1500 SF Women (Slow heats)	4X100 SF Women	1500 SF Men
1500 SF Men (Slow heats)	4X100 SF Men	4X100 SF Women
4X100 SF Women		4X100 SF Men
4X100 SF Men		



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DAY 4 18.07.2025 (FRIDAY)

- Morning sessions with warm ups starting at 8:00 and competitions at 9:30
- Afternoon sessions with warm ups starting at 16:00 and competitions at 17:00

MORNING HEATS OR SLOW HEATS	AFTERNOON FINAL OR FAST HEAT	MEDAL CEREMONY
50 BF Women	50 BF Women	
50 BF Men	50 BF Men	50 BF Women
400 SF Women	400 BF Women	50 BF Men
400 SF Men	400 BF Men	400 BF Women
100 IM Women	100 IM Women	400 BF Men
100 IM Men	100 IM Men	100 IM Women
4X200 SF Women	4X200 SF Women	100 IM Men
4X200 SF Men	4X200 SF Men	4X200 SF Women
		4X200 SF Men

- 20:30 – 23:00 – Meeting for team leaders and coaches

DAY 5 19.07.2025 (SATURDAY)

- Morning sessions with warm ups starting at 8:00 and competitions at 9:30
- Afternoon sessions with warm ups starting at 16:00 and competitions at 17:00

MORNING HEATS OR SLOW HEATS	AFTERNOON FINAL OR FAST HEAT	MEDAL CEREMONY
50 SF Women	50 SF Women	
50 SF Men	50 SF Men	50 SF Women
100 BF Women	100 BF Women	50 SF Men
100 BF Men	100 BF Men	100 BF Women
200 IM Women	200 IM Women	100 BF Men
200 IM Men	200 IM Men	200 IM Women
4X100 BF X	400 SF Women	200 IM Men
4X50 SF Women	400 SF Men	400 SF Women



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4X50 SF Men	4X100 BF X	400 SF Men
	4X50 SF Women	4X100 BF X
	4X50 SF Men	4X50 SF Women
		4X50 SF Men

DAY 6 20.07.2025 (SUNDAY)

- Morning sessions with warm ups starting at 8:00 and competitions at 9:30
- Afternoon sessions with warm ups starting at 16:00 and competitions at 17:00

MORNING HEATS OR SLOW HEATS	AFTERNOON FINAL OR FAST HEAT	MEDAL CEREMONY
100 SF Women	100 SF Women	
100 SF Men	100 SF Men	100 SF Women
200 BF Women	200 BF Women	100 SF Men
200 BF Men	200 BF Men	200 BF Women
800 SF Women (Slow heats)	800 SF Women (Fast heat)	200 BF Men
800 SF Men (Slow heats)	800 SF Men (Fast heat)	800 SF Women
400 IM Women (Slow heats)	400 IM Women (Fast heat)	800 SF Men
400 IM Men (Slow heats)	400 IM Men (Fast heat)	400 IM Women
4X100 SB X	4X100 SB X	400 IM Men
		4X100 SB X

- Closing ceremony
- After-party for participants

DAY 7 21.07.2025 (MONDAY)

- Hotel check-out
- Departure to home countries

MEAL SCHEDULE IN EACH HOTEL

Breakfast: 06:30 – 09:00

Lunch: 12:30 – 14:30

Dinner: 19:00 – 21:00