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| **2022 Regional Open Water Championships Order of Events** | | | | | | |
| **Distance** | **Sign-in**  **Report Time** | **Briefing** | **Mark-up** | **Start** | **Finish**  **Last heat Off-Water Time** | **Medals** |
| **3km** | 08:15 to 08:45 | 09:00 | 9:30 to 9:55 | H1 10:00 | H4 12:00 | 12:55 |
| **1km** | 09:25 to 10:05 | 10:40 | 11:05 to 11:40 | H1 12:05 | H2 12:35 | 13:45 |
| **2km** | 11:00 to 11:40 | 12:20 | 12:45 to 13:15 | H1 13:20 | H4 14:50 | 16:00 |
| **5km** | 12:50 to 13:20 | 13:55 | 14:25 to 14:45 | H1 14:55 | H2 17:25 | 17:50 |