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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 | H110:00 | H412:00 | 12:55 |
| **1km** | 09:25 to 10:05 | 10:40 | 11:05 to 11:40 | H112:05 | H212:35 | 13:45 |
| **2km** | 11:00 to 11:40 | 12:20 | 12:45 to 13:15 | H113:20 | H414:50 | 16:00 |
| **5km** | 12:50 to 13:20 | 13:55 | 14:25 to 14:45 | H114:55 | H217:25 | 17:50 |