



Russian Cup program 2024



February 14, 2024

Morning part of the program (preliminary swims)

10:00 – start

Evening part of the program (final heats)

17:00 – opening ceremony of the competition

17:30 – start

February 15 - 17, 2024

Morning part of the program (preliminary swims)

10:00 – start

Evening part of the program (final heats)

17:00 – start

date	Swims	Floor	Sports discipline
14.02 morning	preliminary heats	women men	Swimming with fins – 100m
	preliminary heats	women men	Swimming with classic fins – 100m
	preliminary heats	women men	Swimming with fins - 400m
	swims	women men	Swimming with fins - 4x50m relay - mixed
14.02 evening	final heats	women men	Swimming with fins – 100m
	final heats	women men	Swimming with classic fins – 100m
	Awards for fin swimming – 100m (women, men)		
	final heats	women men	Swimming with fins – 400m
	Awards for swimming with classic fins – 100m (women, men)		
	strongest swims	women men	Swimming with fins - 4x50m relay - mixed
	Awards for swimming with fins – 400m (women, men), finswimming - 4x50m relay - mixed		
15.02 morning	preliminary heats	women men	Scuba diving – 100m
	preliminary heats	women men	Swimming with fins - 200m
	preliminary heats	women men	Swimming with classic fins – 200m
	swims	women men	Swimming with fins – 1500m
	swims	women men	Swimming with classic fins – 4x100m relay – mixed
15.02 evening	final heats	women men	Scuba diving – 100m
	final	women men	Swimming with fins – 200m
	Awarding scuba diving – 100m (women, men)		
	final heats	women	Swimming with classic fins - 200m

		men	
	Awards for fin swimming – 200m (women, men)		
	strongest swims	women men	Swimming with fins – 1500m
	Awards for swimming with classic fins - 200m (women, men)		
	strongest swims	women men	Swimming with classic fins - 4x100m relay - mixed
	Awards for swimming with fins – 1500m (women, men), swimming with classic fins - 4x100m relay - mixed		
16.02 morning	preliminary heats	women men	Swimming with fins – 50m
	preliminary heats	women men	Swimming with classic fins – 50m
	swims	women men	Scuba diving – 400m
	swims	women men	Swimming with classic fins – 400m
	swims	women men	Swimming with fins - 4x200m relay race
16.02 evening	final heats	women men	Swimming with fins – 50m
	final heats	women men	Swimming with classic fins – 50m
	Awards for fin swimming – 50m (women, men)		
	strongest swims	women men	Scuba diving – 400m
	Awards for swimming with classic fins – 50m (women, men)		
	strongest swims	women men	Swimming with classic fins – 400m
	Awarding scuba diving – 400m (women, men)		
	strongest swims	women men	Swimming with fins - 4x200m relay race
	Awards: swimming in classic fins - 400m (women, men), swimming in fins - 4x200m relay race (women, men)		
17.02 morning	preliminary heats	women men	Diving with fins in length - 50m
	swims	women men	Swimming with fins – 800m
	swims	women men	Swimming with fins - 4x100m relay race
17.02 evening	final heats	women men	Diving with fins in length - 50m
	strongest swims	women men	Swimming with fins – 800m
	Award ceremony for long fin diving - 50m (women, men)		
	strongest swims	women men	Swimming with fins – 4x100m relay race
	Awards: finswimming – 800m (women, men), finswimming – 4x100m relay (women, men)		