Tijdschema Pupillen 20 november 2022

| Afstand | Groep | Deelnemers | kwartetten | minuten | Tijd |
|---|---|---|---|---|---|
| 100m | 1 | 44 | 11 | 11 | 17:30 |
| 500m | 2 + 3 | 36 | 9 | 23 | 17:41 |
| dweil | lang | | | 15 | 18:04 |
| 300m | 1 | 44 | 11 | 20 | 18:19 |
| 300m | 2 | 32 | 8 | 14 | 18:39 |
| dweil | kort | | | 10 | 18:53 |
| 700m | 3 | 4 | 1 | 3 | 19:03 |
| 300m | 1 | 44 | 11 | 20 | 19:06 |
| Einde | | | | | 19:26 |