

The timings below are provisional based on the original entries for the meet. These are for guidance only. Once a session has started, it will run at its own pace and will not wait for missing swimmers.

If you are aware of any withdrawals, we do ask that you let us know up on the timing desk **BEFORE** that start of the **warm up** so we can make the withdrawal correctly and therefore reducing the number of empty lanes.

SUNDAY

Session - 1 - 3EM240388 at Alfreton Leisure Centre - Warm Up 08:00am - Start 09:00am

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	F	100 IM	Heats	101	17	09:00	00:38	00:38
102	O/M	50 Ba	Heats	69	12	09:38	00:22	01:00
103	F	50 Ba	Heats	89	15	10:00	00:27	01:27
104	O/M	100 Fr	Heats	73	13	10:27	00:28	01:55
105	F	100 Fr	Heats	108	18	10:55	00:37	02:32
COMFORT BREAK						11:32	00:15	02:47
106	O/M	50 Br	Heats	67	12	11:47	00:19	03:06
107	F	50 Br	Heats	102	17	12:06	00:26	03:32
108	O/M	100 FI	Heats	24	4	12:32	00:09	03:41
109	F	100 FI	Heats	47	8	12:41	00:18	03:59
RELAY CHANGEOVER						12:59	00:05	04:04
110	X	200 FT	Heats	5	1	13:04	00:04	04:08
111	X	200 FT	Heats	6	1	13:08	00:03	04:11
112	X	200 FT	Heats	6	1	13:11	00:03	04:14
113	X	200 FT	Heats	3	1	13:14	00:03	04:17

Estimated Session Finish Time 13:17

Session - 2 - 3EM240388 at Alfreton Leisure Centre - Warm Up 01:30pm - Start 02:30pm

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	O/M	100 IM	Heats	58	10	14:30	00:23	00:23
202	F	100 Ba	Heats	58	10	14:53	00:26	00:49
203	O/M	100 Ba	Heats	37	7	15:19	00:18	01:07
204	F	50 FI	Heats	97	17	15:37	00:24	01:31
205	O/M	50 FI	Heats	52	9	16:01	00:13	01:44
COMFORT BREAK						16:14	00:15	01:59
206	F	100 Br	Heats	66	11	16:29	00:27	02:26
207	O/M	100 Br	Heats	42	7	16:56	00:17	02:43
208	F	50 Fr	Heats	131	22	17:13	00:29	03:12
209	O/M	50 Fr	Heats	86	15	17:42	00:20	03:32
RELAY CHANGEOVER						18:02	00:05	03:37
210	X	200 MT	Heats	4	1	18:07	00:04	03:41
211	X	200 MT	Heats	6	1	18:11	00:04	03:45
212	X	200 MT	Heats	5	1	18:15	00:03	03:48
213	X	200 MT	Heats	3	1	18:18	00:03	03:51

Estimated Session Finish Time 18:21

