

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.

## **SATURDAY**

<b>Session - 1 - 3EM250107</b>				<b>Warm Up:</b>	<b>13:00</b>	<b>Start:</b>	<b>14:00</b>		
<b>Event</b>	<b>Sex</b>	<b>Stroke/Distance</b>	<b>Type</b>	<b>Competitors</b>	<b>Heats</b>	<b>Start</b>	<b>Total</b>	<b>Cumulative</b>	
101	B	400 IM	Heats	28	4	14:00	00:28	00:28	
102	G	200 Fr	Heats	103	13	14:28	00:43	01:11	
103	B	50 Br	Heats	63	8	15:11	00:12	01:23	
104	G	50 Fl	Heats	85	11	15:23	00:16	01:39	
105	B	100 Ba	Heats	56	7	15:39	00:18	01:57	
106	G	100 Br	Heats	80	10	15:57	00:24	02:21	
107	B	100 Fr	Heats	79	10	16:21	00:20	02:41	
108	G	200 Ba	Heats	48	6	16:41	00:24	03:05	
<b>Estimated Session Finish Time</b>						<b>17:05</b>			

<b>Session - 2 - 3EM250107</b>				<b>Warm Up:</b>	<b>17:30</b>	<b>Start:</b>	<b>18:30</b>		
<b>Event</b>	<b>Sex</b>	<b>Stroke/Distance</b>	<b>Type</b>	<b>Competitors</b>	<b>Heats</b>	<b>Start</b>	<b>Total</b>	<b>Cumulative</b>	
201	B	200 IM	Heats	45	6	18:30	00:22	00:22	
202	G	400 Fr	Heats	57	8	18:52	00:50	01:12	
203	B	200 Br	Heats	24	3	19:42	00:11	01:23	
204	G	50 Ba	Heats	54	7	19:53	00:12	01:35	
205	B	50 Fr	Heats	56	7	20:05	00:09	01:44	
206	G	100 Fl	Heats	40	5	20:14	00:11	01:55	
207	B	200 Fl	Heats	13	2	20:25	00:08	02:03	
<b>Estimated Session Finish Time</b>						<b>20:33</b>			



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## **SUNDAY**

<b>Session - 3 - 3EM250107</b>				<b>Warm Up:</b>	<b>13:00</b>	<b>Start:</b>	<b>14:00</b>		
<b>Event</b>	<b>Sex</b>	<b>Stroke/Distance</b>	<b>Type</b>	<b>Competitors</b>	<b>Heats</b>	<b>Start</b>	<b>Total</b>	<b>Cumulative</b>	
301	G	400 IM	Heats	39	5	14:00	00:35	00:35	
302	B	200 Fr	Heats	64	8	14:35	00:28	01:03	
303	G	50 Br	Heats	94	12	15:03	00:19	01:22	
304	B	50 Fl	Heats	48	6	15:22	00:08	01:30	
305	G	100 Ba	Heats	96	12	15:30	00:31	02:01	
306	B	100 Br	Heats	48	6	16:01	00:14	02:15	
307	G	100 Fr	Heats	136	17	16:15	00:35	02:50	
308	B	200 Ba	Heats	40	5	16:50	00:20	03:10	
<b>Estimated Session Finish Time</b>						<b>17:10</b>			

<b>Session - 4 - 3EM250107</b>				<b>Warm Up:</b>	<b>17:30</b>	<b>Start:</b>	<b>18:30</b>		
<b>Event</b>	<b>Sex</b>	<b>Stroke/Distance</b>	<b>Type</b>	<b>Competitors</b>	<b>Heats</b>	<b>Start</b>	<b>Total</b>	<b>Cumulative</b>	
401	G	200 IM	Heats	77	10	18:30	00:39	00:39	
402	B	400 Fr	Heats	40	5	19:09	00:31	01:10	
403	G	200 Br	Heats	48	6	19:40	00:25	01:35	
404	B	50 Ba	Heats	39	5	20:05	00:09	01:44	
405	G	50 Fr	Heats	110	14	20:14	00:18	02:02	
406	B	100 Fl	Heats	21	3	20:32	00:07	02:09	
407	G	200 Fl	Heats	23	3	20:39	00:13	02:22	
<b>Estimated Session Finish Time</b>						<b>20:52</b>			

