



Northamptonshire ASA

(Under Swim England Regulations & Technical Rules of Swimming)

County Short Course 2023 – Timeline

16th September 2023 – Corby East Midlands International Pool - 25m Pool



Session 1								
Warm Up - 13:30 - 14:20								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	L	200 FT	Heats	8	1	02:30	00:03	00:03
102	M	200 MT	Heats	6	1	02:33	00:03	00:07
103	L	200 FT	Heats	7	1	02:37	00:03	00:10
104	M	200 MT	Heats	6	1	02:40	00:03	00:13
105	L	200 FT	Heats	3	1	02:43	00:03	00:17
106	M	200 MT	Heats	5	1	02:47	00:03	00:20
107	G	100 IM	Heats	118	15	02:50	00:33	00:53
108	B	50 Fl	Heats	101	13	03:23	00:17	01:11
109	G	50 Br	Heats	122	16	03:41	00:24	01:34
110	B	50 Ba	Heats	100	13	04:04	00:22	01:56
111	G	50 Fr	Heats	154	20	04:26	00:26	02:22
Estimated Session Finish Time 04:52								
Session 2								
Warm Up - 17:00-17:50								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	M	200 FT	Heats	7	1	06:00	00:03	00:03
202	L	200 MT	Heats	8	1	06:03	00:03	00:07
203	M	200 FT	Heats	6	1	06:07	00:03	00:10
204	L	200 MT	Heats	7	1	06:10	00:03	00:13
205	M	200 FT	Heats	5	1	06:13	00:03	00:17
206	L	200 MT	Heats	4	1	06:17	00:03	00:20
207	B	100 IM	Heats	94	12	06:20	00:25	00:45
208	G	50 Fl	Heats	109	14	06:45	00:20	01:05
209	B	50 Br	Heats	105	14	07:05	00:21	01:27
210	G	50 Ba	Heats	128	16	07:27	00:28	01:54
211	B	50 Fr	Heats	128	16	07:54	00:20	02:15
RELAY SKINS - LESS THAN 30 MINS								