



Retford Swimming Club



Club Championships 2024 23rd, 30th November 14th December 2024

PROVISIONAL TIME LINE

Meet Timing Report For Session 01							
Time Between Heats 45 Seconds & Between Backstroke Heats 60 Seconds							
WARM UP FROM 5:30pm COACHES / TEAM MANAGERS TO BE ADVISED							
Event	Sex	Stroke/Distance	Type	Heats	Start	Total	Cumulative
101	Mixed	400 IM	Heats	2	06:00	00:14	00:14
102	Mixed	50 Ba	Heats	8	06:14	00:14	00:28
103	Mixed	100 Br	Heats	6	06:28	00:17	00:45
104	Mixed	200 Fr	Heats	6	06:45	00:22	01:07
Estimated Finish					07:07		
Meet Timing Report For Session 02							
WARM UP FROM 4:30pm COACHES / TEAM MANAGERS TO BE ADVISED							
Event	Sex	Stroke/Distance	Type	Heats	Start	Total	Cumulative
201	Mixed	800 Fr	Heats	2	05:00	00:27	00:27
202	Mixed	25 Fr	Heats	2	05:27	00:03	00:30
203	Mixed	50 Fl	Heats	6	05:30	00:09	00:39
204	Mixed	25 Br	Heats	2	05:39	00:03	00:42
205	Mixed	200 IM	Heats	4	05:42	00:15	00:57
Comfort Break					05:57	00:15	01:12
206	Mixed	200 Fl	Heats	2	06:12	00:08	01:20
207	Mixed	50 Br	Heats	7	06:20	00:12	01:32
208	Mixed	100 Fr	Heats	7	06:32	00:16	01:48
209	Mixed	100 IM	Heats	6	06:48	00:14	02:02
Estimated Finish					07:02		
Meet Timing Report For Session 03							
WARM UP FROM 4:30pm COACHES / TEAM MANAGERS TO BE ADVISED							
Event	Sex	Stroke/Distance	Type	Heats	Start	Total	Cumulative
301	Y	1500 Fr	Heats	1	05:00	00:26	00:26
302	Y	25 Ba	Heats	2	05:26	00:03	00:29
303	Y	100 Fl	Heats	4	05:29	00:09	00:38
304	Y	25 Fl	Heats	2	05:38	00:03	00:41
305	Y	200 Ba	Heats	4	05:41	00:17	00:58
Comfort Break					05:58	00:15	01:13
306	Y	400 Fr	Heats	4	06:13	00:28	01:41
307	Y	50 Fr	Heats	9	06:41	00:13	01:54
308	Y	100 Ba	Heats	5	06:54	00:13	02:07
309	Y	200 Br	Heats	4	07:07	00:20	02:27
Estimated Finish					07:27		

This time line is for guidance only. Sessions will not start before the published time but will then run at their own pace. Races will not wait for missing swimmers

Over the top starts may be used at the Referees discretion