

# Autumn L2 Meet 23<sup>rd</sup> & 24<sup>th</sup> November 2024

Under Swim England Regulations & Technical Rules

Note:- Sessions will **START** at the times indicated. Subsequent event start times are **ESTIMATES**.

Session - ONE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM ; START 09:00</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	200 IM	Heats	74	10	09:00	00:34	00:34
102	B	50 Fl	Heats	66	9	09:34	00:09	00:43
103	Mix	1500 Fr	Heats	21	3	09:43	01:01	01:45
104	G	100 Br	Heats	56	7	10:45	00:14	01:59
105	B	100 Ba	Heats	56	7	10:59	00:16	02:14
Estimated Session Finish Time 11:14 <b>BREAK 11:15 – 11:35</b>								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 11:35 – 12:25 ; POOL PREP 12:25 - 12:30: 12:30 START ESTIMATED</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	36	5	12:30	00:28	00:28
202	G	100 Fl	Heats	43	6	12:58	00:11	00:39
203	B	200 Br	Heats	36	5	13:09	00:18	00:57
204	G	100 Fr	Heats	115	15	13:27	00:25	01:22
205	B	200 Ba	Heats	40	5	13:52	00:18	01:40
Estimated Session Finish Time 14:10 <b>BREAK 14:10 - 14:30</b>								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 14:30 – 15:20 ; POOL PREP 15:20 - 15:30: 15:30 START ESTIMATED</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	G	400 IM	Heats	26	4	03:30	00:26	00:26
302	B	50 Ba	Heats	55	7	03:56	00:11	00:37
303	G	50 Fr	Heats	141	18	04:07	00:19	00:56
304	B	200 Fr	Heats	60	8	04:26	00:23	01:18
305	G	50 Br	Heats	86	11	04:48	00:13	01:31
306	B	200 Fl	Heats	16	2	05:01	00:07	01:38
Estimated Session Finish Time 17:08 followed by <b>30 MINUTE SWIM DOWN TIME</b>								

Meet Timings as reported at 18:54 06/11/2024

# Autumn L2 Meet 23<sup>rd</sup> & 24<sup>th</sup> November 2024

Under Swim England Regulations & Technical Rules

Note:- Sessions will **START** at the times indicated. Subsequent event start times are **ESTIMATES**.

Session - FOUR								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	200 IM	Heats	47	6	09:00	00:19	00:19
402	G	50 Fl	Heats	68	9	09:19	00:10	00:29
403	Y	800 Fr	Heats	52	7	09:29	01:20	01:49
404	B	100 Br	Heats	53	7	10:49	00:13	02:03
405	G	100 Ba	Heats	62	8	11:03	00:18	02:21
Estimated Session Finish Time 11:21 <b>BREAK 11:25 – 11:45</b>								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 11:55 – 12:35 ; POOL PREP 12:35 - 12:45: 12:45 START ESTIMATED</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	52	7	12:45	00:40	00:40
502	B	100 Fl	Heats	37	5	13:25	00:09	00:49
503	G	200 Br	Heats	47	6	13:34	00:22	01:11
504	B	100 Fr	Heats	86	11	13:56	00:17	01:28
505	G	200 Ba	Heats	44	6	14:13	00:23	01:51
Estimated Session Finish Time 14:36 <b>BREAK 14:40 – 15:00</b>								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP 15:00 – 15:50 ; POOL PREP 15:50 - 16:00: 16:00 START ESTIMATED</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	B	400 IM	Heats	19	3	04:00	00:19	00:19
602	G	50 Ba	Heats	80	10	04:19	00:16	00:35
603	B	50 Fr	Heats	93	12	04:35	00:12	00:47
604	G	200 Fr	Heats	78	10	04:47	00:30	01:17
605	B	50 Br	Heats	55	7	05:17	00:08	01:25
606	G	200 Fl	Heats	19	3	05:25	00:10	01:35
Estimated Session Finish Time 17:35 followed by <b>30 MINUTE SWIM DOWN TIME</b>								

Meet Timings as reported at 18:54 06/11/2024