

# Graham Sykes Level 3 Meet 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 STARTS 7:45 AM</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	400 IM	Heats	24	3	09:00	00:21	00:21
102	B	100 Br	Heats	88	11	09:21	00:25	00:46
103	G	200 Ba	Heats	79	10	09:46	00:43	01:29
104	B	200 Fr	Heats	98	13	10:29	00:45	02:13
105	G	50 Fl	Heats	142	18	11:13	00:23	02:36
Estimated Session Finish Time 11:36								
<b>(APPROX) 12:00 NOON WARMUP FOR 12:45 (INCLUDES LUNCH) START ESTIMATED</b>								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP STARTS 12:00 NOON</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	52	7	12:45	00:47	00:47
202	G	100 Fl	Heats	64	8	13:32	00:16	01:03
203	B	200 Br	Heats	52	7	13:48	00:30	01:33
204	G	100 Ba	Heats	143	18	14:18	00:47	02:20
205	B	50 Fr	Heats	157	20	15:05	00:23	02:43
Estimated Session Finish Time 15:28								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP STARTS 15:30</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	G	200 Fl	Heats	15	2	16:00	00:08	00:08
302	B	200 IM	Heats	103	13	16:08	00:49	00:57
303	G	50 Ba	Heats	174	22	16:57	00:39	01:36
304	B	50 Br	Heats	125	16	17:36	00:22	01:58
305	G	100 Fr	Heats	189	24	17:58	00:46	02:44
Estimated Session Finish Time 18:44								

Meet Timings as reported at 16:20 10/07/2024

# Graham Sykes Level 3 Meet 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 STARTS 8:00 AM</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	400 IM	Heats	16	2	09:00	00:15	00:15
402	G	100 Br	Heats	115	15	09:15	00:37	00:52
403	B	200 Ba	Heats	54	7	09:52	00:30	01:22
404	G	200 Fr	Heats	127	16	10:22	00:57	02:19
405	B	50 Fl	Heats	87	11	11:19	00:14	02:33
Estimated Session Finish Time 11:33								
<b>(APPROX) 12:00 NOON WARMUP FOR 12:45 (INCLUDES LUNCH) START ESTIMATED</b>								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP STARTS 12:00 NOON</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	73	10	12:45	01:06	01:06
502	B	100 Fl	Heats	39	5	13:51	00:10	01:16
503	G	200 Br	Heats	70	9	14:01	00:39	01:55
504	B	100 Ba	Heats	88	11	14:40	00:28	02:23
505	G	50 Fr	Heats	196	25	15:08	00:29	02:52
Estimated Session Finish Time 15:37								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>WARMUP STARTS 15:30 (Estimate previous session will finish sooner)</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	B	200 Fl	Heats	9	2	16:15	00:09	00:09
602	G	200 IM	Heats	117	15	16:24	00:57	01:06
603	B	50 Ba	Heats	107	14	17:21	00:25	01:31
604	G	50 Br	Heats	142	18	17:46	00:25	01:56
605	B	100 Fr	Heats	122	16	18:11	00:30	02:26
Estimated Session Finish Time 18:41								

Meet Timings as reported at 16:20 10/07/2024