

# John Hughes Meet 15<sup>th</sup> & 16<sup>th</sup> March 2025

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>07:45 WARMUP ; 08:45 POOL PREP; 09:00 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	400 IM	Heats	33	5	09:00	00:34	00:34
102	B	100 Br	Heats	92	12	09:34	00:28	01:02
103	G	200 Ba	Heats	73	10	10:02	00:42	01:45
104	B	200 Fr	Heats	90	12	10:45	00:41	02:26
105	G	50 Fl	Heats	144	18	11:26	00:22	02:48
Estimated Session Finish Time 11:30								
<b>11:30 BREAK (LUNCH); 11:50 WARMUP ;12:35 POOL PREP; 12:45 START</b>								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	49	7	12:45	00:47	00:47
202	G	100 Fl	Heats	78	10	13:32	00:21	01:08
203	B	200 Br	Heats	66	9	13:53	00:38	01:46
204	G	100 Ba	Heats	139	18	14:31	00:46	02:31
205	B	50 Fr	Heats	171	22	15:16	00:25	02:56
Estimated Session Finish Time 15:30								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>15:30 WARMUP; 16:10 POOL PREP; 16:15 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	G	200 Fl	Heats	25	4	04:15	00:16	00:16
302	B	200 IM	Heats	79	10	04:31	00:39	00:55
303	G	50 Ba	Heats	192	24	05:10	00:42	01:37
304	B	50 Br	Heats	123	16	05:52	00:22	02:00
305	G	100 Fr	Heats	218	28	06:15	00:54	02:54
Estimated Session Finish Time 19:00								

Meet Timings as reported at 01/02/2025

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Session - FOUR								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>07:45 WARMUP ; 08:45 POOL PREP; 09:00 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	400 IM	Heats	21	3	09:00	00:21	00:21
402	G	100 Br	Heats	126	16	09:21	00:37	00:58
403	B	200 Ba	Heats	45	6	09:58	00:27	01:24
404	G	200 Fr	Heats	109	14	10:24	00:47	02:12
405	B	50 Fl	Heats	77	10	11:12	00:13	02:25
Estimated Session Finish Time 11:15								
<b>11:15 BREAK (LUNCH); 11:40 WARMUP ;12:25 POOL PREP; 12:30 START</b>								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	75	10	12:30	01:05	01:05
502	B	100 Fl	Heats	48	6	13:35	00:13	01:18
503	G	200 Br	Heats	98	13	13:48	00:55	02:13
504	B	100 Ba	Heats	89	12	14:43	00:31	02:44
505	G	50 Fr	Heats	252	32	15:14	00:37	03:21
Estimated Session Finish Time 15:30								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>15:30 WARMUP; 16:10 POOL PREP; 16:15 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	B	200 Fl	Heats	14	2	04:15	00:08	00:08
602	G	200 IM	Heats	117	15	04:23	00:58	01:06
603	B	50 Ba	Heats	116	15	05:21	00:26	01:32
604	G	50 Br	Heats	164	21	05:47	00:29	02:01
605	B	100 Fr	Heats	125	16	06:16	00:31	02:32
Estimated Session Finish Time 18:30								