

Sprint Open 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

WARMUP 7:45-8:45 AM POOL PREP 8:45-9:00 AM

Event	Gender	Age	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	F	50 Br	Heats	161	21	09:00	00:30	00:30	101
102	O/M	50 Br	Heats	113	15	09:30	00:22	00:52	102
103	F	50 Fl	Heats	103	13	09:52	00:15	01:07	103
104	O/M	50 Fl	Heats	92	12	10:07	00:13	01:20	104
105	F	50 Ba	Heats	155	20	10:20	00:37	01:57	105
106	O/M	50 Ba	Heats	114	15	10:57	00:27	02:24	106
107	F	50 Fr	Heats	126	16	11:24	00:17	02:41	107
108	O/M	50 Fr	Heats	105	14	11:41	00:15	02:56	108

Estimated Session Finish Time 11:56

Session - TWO

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

BREAK 12:00 – 12:30; 12:30 – 13:00 WARMUP FOR 13:15 START ESTIMATED

Event	Gender	Age	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	F	50 Fr	Heats	171	22	01:15	00:27	00:27	201
202	O/M	50 Fr	Heats	117	15	01:42	00:17	00:45	202
203	F	50 Br	Heats	105	14	02:00	00:18	01:03	203
204	O/M	50 Br	Heats	85	11	02:18	00:13	01:16	204
205	F	50 Fl	Heats	113	15	02:31	00:21	01:37	205
206	O/M	50 Fl	Heats	85	11	02:52	00:15	01:52	206
207	F	50 Ba	Heats	110	14	03:07	00:23	02:15	207
208	O/M	50 Ba	Heats	88	11	03:30	00:18	02:33	208

Estimated Session Finish Time 15:48

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FINALS									
Time Between Heats 300 Seconds & Between Backstroke Heats 60 Seconds									
SESSION STARTS 16:15									
Event	Gender	Age	Stroke/Distance	Type	Competitors	Heats	Est.Start		
401	F	9	200 IM	Final			16:15		
402	O/M	9	200 IM	Final			16:20		
403	F	10	200 IM	Final			16:25		
404	O/M	10	200 IM	Final			16:30		
405	F	11	200 IM	Final			16:35		
406	O/M	11	200 IM	Final			16:40		
407	F	12	200 IM	Final			16:45		
408	O/M	12	200 IM	Final			16:50		
409	F	13	200 IM	Final			16:55		
410	O/M	13	200 IM	Final			17:00		
411	F	14	200 IM	Final			17:05		
412	O/M	14	200 IM	Final			17:10		
413	F	15/O	200 IM	Final			17:15		
414	O/M	15/O	200 IM	Final			17:20		
Estimated Session Finish Time 17:25									