

# Winter Level 3 Meet 7<sup>th</sup> & 8<sup>th</sup> December 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>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	19	3	09:00	00:21	00:21
102	B	100 Br	Heats	91	12	09:21	00:27	00:48
103	G	200 Ba	Heats	62	8	09:48	00:33	01:22
104	B	200 Fr	Heats	87	11	10:22	00:37	01:58
105	G	50 Fl	Heats	139	18	10:58	00:22	02:20
Estimated Session Finish Time 11:20								
<b>11:20 BREAK (LUNCH); 11:40 WARMUP ;12:25 POOL PREP; 12:35 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	50	7	12:35	00:44	00:44
202	G	100 Fl	Heats	71	9	13:19	00:18	01:02
203	B	200 Br	Heats	54	7	13:37	00:30	01:32
204	G	100 Ba	Heats	127	16	14:07	00:40	02:12
205	B	50 Fr	Heats	152	19	14:47	00:21	02:33
Estimated Session Finish Time 15:08								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>15:10 WARMUP; 15:40 POOL PREP; 15:50 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	G	200 Fl	Heats	24	3	15:50	00:12	00:12
302	B	200 IM	Heats	78	10	16:02	00:36	00:48
303	G	50 Ba	Heats	156	20	16:38	00:35	01:23
304	B	50 Br	Heats	128	16	17:13	00:22	01:45
305	G	100 Fr	Heats	188	24	17:35	00:45	02:29
Estimated Session Finish Time 18:19								

Meet Timings as reported at 16:20 21/11/2024

# Winter Level 3 Meet 7<sup>th</sup> & 8<sup>th</sup> December 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>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	12	2	09:00	00:14	00:14
402	G	100 Br	Heats	122	16	09:14	00:37	00:50
403	B	200 Ba	Heats	46	6	09:50	00:24	01:14
404	G	200 Fr	Heats	120	15	10:14	00:49	02:04
405	B	50 Fl	Heats	97	13	11:04	00:16	02:20
Estimated Session Finish Time 11:20								
<b>11:20 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
01	G	400 Fr	Heats	71	9	12:30	00:56	00:56
502	B	100 Fl	Heats	49	7	13:26	00:14	01:10
503	G	200 Br	Heats	81	11	13:40	00:45	01:56
504	B	100 Ba	Heats	94	12	14:26	00:30	02:26
505	G	50 Fr	Heats	230	29	14:56	00:32	02:58
Estimated Session Finish Time 15:28								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
<b>15:30 WARMUP; 16:05 POOL PREP; 16:15 START</b>								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	B	200 Fl	Heats	13	2	16:15	00:07	00:07
602	G	200 IM	Heats	127	16	16:22	00:59	01:07
603	B	50 Ba	Heats	108	14	17:22	00:25	01:31
604	G	50 Br	Heats	173	22	17:46	00:30	02:01
605	B	100 Fr	Heats	127	16	18:16	00:30	02:31
Estimated Session Finish Time 18:46								

Meet Timings as reported at 16:20 21/11/2024