

SATURDAY 23rd JULY 2022								
Session 1 Warmup from 9am Start 10am								
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 120 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	G	100 Fr	Heats	116	15	10:00	00:30	00:30
102	B	50 Ba	Heats	78	10	10:30	00:17	00:47
103	G	200 IM	Heats	68	9	10:47	00:36	01:23
104	B	100 Br	Heats	61	8	11:23	00:19	01:41
105	G	50 Fl	Heats	103	13	11:41	00:17	01:59
106	B	200 Fl	Heats	3	1	11:59	00:03	02:02
107	G	200 Ba	Heats	47	6	12:02	00:25	02:27
Estimated Session Finish Time 12:27								
Session 2 Warmup from 1pm Start 2pm								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	B	200 Fr	Heats	63	8	02:00	00:26	00:26
202	G	50 Fr	Heats	129	17	02:26	00:21	00:48
203	B	100 Ba	Heats	53	7	02:48	00:17	01:05
204	G	200 Br	Heats	29	4	03:05	00:17	01:22
205	B	50 Br	Heats	83	11	03:22	00:16	01:38
206	G	100 Fl	Heats	36	5	03:38	00:11	01:49
207	X	200 MT	Heats	TBA	1	03:49	00:03	01:52
Estimated Session Finish Time 03:52								
SUNDAY 24th JULY 2022								
Session 3 Warmup from 9am Start 10am								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
301	B	100 Fr	Heats	100	13	10:00	00:25	00:25
302	G	50 Ba	Heats	80	10	10:25	00:17	00:42
303	B	200 IM	Heats	43	6	10:42	00:23	01:05
304	G	100 Br	Heats	57	8	11:05	00:20	01:25
305	B	50 Fl	Heats	72	9	11:25	00:12	01:37
306	G	200 Fl	Heats	12	2	11:37	00:08	01:45
307	B	200 Ba	Heats	28	4	11:45	00:16	02:01
Estimated Session Finish Time 12:01								
Session 4 Warmup from 1pm Start 2pm								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	G	200 Fr	Heats	66	9	02:00	00:32	00:32
402	B	50 Fr	Heats	99	13	02:32	00:16	00:48
403	G	100 Ba	Heats	66	9	02:48	00:23	01:11
404	B	200 Br	Heats	26	4	03:11	00:18	01:29
405	G	50 Br	Heats	87	11	03:29	00:16	01:45
406	B	100 Fl	Heats	36	5	03:45	00:12	01:57
407	X	200 FT	Heats	TBA	1	03:57	00:03	02:00
Estimated Session Finish Time 04:00								

This time line is for guidance only. Sessions will not start before the given time but the meet will then run at its own pace. Races will not wait for missing swimmers