

2022 Ballarat Gold Long Course Meet - 9/10/2022**Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 25 Seconds / Back +20 Seconds / Chase +5

Round	Event	Starts at	
Finals	1 Mixed 400 Freestyle & Ev2 400IM	10:00 AM	_____
Finals	3 Girls 50 Butterfly	10:25 AM	_____
Finals	4 Boys 50 Butterfly	10:30 AM	_____
Finals	5 Girls 100 Breaststroke	10:36 AM	_____
Finals	6 Boys 100 Breaststroke	10:47 AM	_____
Finals	7 Mixed 200 Backstroke	10:58 AM	_____
Finals	8 Girls 50 Freestyle	11:10 AM	_____
Finals	9 Boys 50 Freestyle	11:20 AM	_____
Finals	10 Girls 100 Butterfly	11:29 AM	_____
Finals	11 Boys 100 Butterfly	11:36 AM	_____
Finals	12 Mixed 200 Breaststroke	11:41 AM	_____
Finals	13 Mixed 200 Freestyle Relay	11:53 AM	_____
	Swimmers Counts for Warm-ups: 216		
	Finish Time	12:07 PM	_____

Session: 2 Session 2

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 25 Seconds / Back +20 Seconds / Chase +5

Round	Event	Starts at	
Finals	14 Girls 200 IM	12:30 PM	_____
Finals	15 Boys 200 IM	12:42 PM	_____
Finals	16 Girls 50 Backstroke	12:53 PM	_____
Finals	17 Boys 50 Backstroke	01:03 PM	_____
Finals	18 Girls 100 Freestyle	01:13 PM	_____
Finals	19 Boys 100 Freestyle	01:28 PM	_____
Finals	20 Mixed 200 Butterfly	01:42 PM	_____
Finals	21 Girls 50 Breaststroke	01:46 PM	_____
Finals	22 Boys 50 Breaststroke	01:54 PM	_____
Finals	23 Girls 100 Backstroke	02:02 PM	_____
Finals	24 Boys 100 Backstroke	02:16 PM	_____
Finals	25 Girls 200 Freestyle	02:27 PM	_____
Finals	26 Boys 200 Freestyle	02:35 PM	_____
Finals	27 Mixed 200 Medley Relay	02:44 PM	_____
	Swimmers Counts for Warm-ups: 220		
	Finish Time	02:56 PM	_____

NB Session and break times are a guide and are subject to change. Please keep an eye on the Marshalling board and listen for announcements.

NB Event 2 400 IM will be swum with Heat 1 of Event 1. If you are entered in the 400IM you will be swimming in the first heat of the Meet - please be prepared.

If you are entered in a 400m Event and do NOT intend to swim it, please let the computer desk know as early as possible. Thanks.