



Session Report

Session: 1 Morning Session
Starts at 10:00 AM Heat Interval: 35 Seconds / Back +55 Seconds

Event	Starts at
1 & 2 Mixed 400 Free and Mixed 400IM	10:00 AM
3 Girls 50 Back	10:19 AM
4 Boys 50 Back	10:31 AM
5 Girls 100 Free	10:40 AM
6 Boys 100 Free	10:57 AM
7 Mixed 200 Back	11:08 AM
8 Girls 50 Fly	11:17 AM
9 Boys 50 Fly	11:24 AM
10 Girls 100 Breast	11:29 AM
11 Boys 100 Breast	11:41 AM
12 Girls 200 IM	11:51 AM
13 Boys 200 IM	12:02 PM
14 Mixed 200 Medley Relay	12:13 PM
Swimmers Counts for Warm-ups: 196	
Finish Time	12:31 PM

Session: 2 Afternoon Session
Starts at 01:00 PM Heat Interval: 35 Seconds / Back +55 Seconds

Event	Starts at
15 Girls 100 Back	01:00 PM
16 Boys 100 Back	01:19 PM
17 Girls 200 Free	01:27 PM
18 Boys 200 Free	01:38 PM
19 Girls 50 Breast	01:45 PM
20 Boys 50 Breast	01:51 PM
21 Girls 100 IM	01:57 PM
22 Boys 100 IM	02:10 PM
23 Mixed 200 Fly	02:22 PM
24 Girls 50 Free	02:26 PM
25 Boys 50 Free	02:33 PM
26 Mixed 200 Breast	02:40 PM
27 Girls 100 Fly	02:53 PM
28 Boys 100 Fly	03:01 PM
29 Mixed 200 Free Relay	03:09 PM
Swimmers Counts for Warm-ups: 188	
Finish Time	03:23 PM

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

Event 1 & 2 have been combined – Heat 1 will have both 400m IM and 400m Freestyle swimmers competing. Waitlisted swimmers should Marshall early if they still wish to be considered for a 400m event.