



Allen Urch MBE Memorial Open Meet

AM Warm up begins at 8.00, please keep to your allocated lanes.

Each slot will have a total of 10 mins, including getting in and out of the pool. The first 6 minutes should be used for general warm up, with the last 4 mins being used for starts, exiting at the far end of the pool

8.00-8.10	Female	Lane 1	Arnold	7
		Lane 2	Burton, CABSC, Carlton forum	3
		Lane 3	Hucknall	7
		Lane 4	Hucknall	7
		Lane 5	Kimberly	7
		Lane 6	Kimberly	7
8.11-8.21	Female	Lane 1	Mansfield	9
		Lane 2	Mansfield	9
		Lane 3	Mansfield	7
		Lane 4	Ripley	10
		Lane 5	Ripley	10
		Lane 6	Ripley	10
8.22-8.32	Female	Lane 1	Sutton	10
		Lane 2	Burton, CABSC, Carlton forum	10
		Lane 3	Sutton	9
		Lane 4	Sutton	9
		Lane 5	Sutton	9
		Lane 6	Sutton	9
8.33-8.43	Open/Male	Lane 1	Arnold	6
		Lane 2	Hucknall	7
		Lane 3	Hucknall	6
		Lane 4	Kimberley	6
		Lane 5	Mansfield	9
		Lane 6	Mansfield	8
8.44-8.54	Open/Male	Lane 1	Ripley	9
		Lane 2	Ripley	8
		Lane 3	Sutton	10
		Lane 4	Sutton	9
		Lane 5	Sutton	9
		Lane 6	Sutton	9



Allen Urch MBE Memorial Open Meet

PM Warm up begins at 1.30, please keep to your allocated lanes.

Each slot will have a total of 10 mins, including getting in and out of the pool. The first 6 minutes should be used for general warm up, with the last 4 mins being used for starts, exiting at the far end of the pool

1.30-1.40	Open/Male	Lane 1	Arnold	7
		Lane 2	Hucknall	6
		Lane 3	Hucknall	6
		Lane 4	Kimberley	6
		Lane 5	Mansfield	8
		Lane 6	Mansfield	7
1.41-1.51	Open/Male	Lane 1	Ripley	9
		Lane 2	Ripley	8
		Lane 3	Sutton	10
		Lane 4	Sutton	10
		Lane 5	Sutton	9
		Lane 6	Sutton	9
1.52-2.02	Female	Lane 1	Arnold	4
		Lane 2	Burton, CABSC, Carlton forum	2
		Lane 3	Hucknall	6
		Lane 4	Hucknall	5
		Lane 5	Kimberley	8
		Lane 6	Kimberley	8
2.03-2.13	Female	Lane 1	Mansfield	10
		Lane 2	Mansfield	10
		Lane 3	Ripley	7
		Lane 4	Ripley	7
		Lane 5	Ripley	7
		Lane 6	Ripley	7
2.14-2.24	Female	Lane 1	Sutton	9
		Lane 2	Sutton	9
		Lane 3	Sutton	9
		Lane 4	Sutton	8
		Lane 5	Sutton	8
		Lane 6	Sutton	8