

The timings below are provisional based on the original entries for the meet. These are for guidance only. Once a session has started, it will run at its own pace and will not wait for missing swimmers.

If you are aware of any withdrawals, we do ask that you let us know up on the timing desk **BEFORE** that start of the **warm up** so we can make the withdrawal correctly and therefore reducing the number of empty lanes.

## SUNDAY

### Session - 1 - 3EM260868 - at Alfreton Leisure Centre - Warm Up: 08:00 - Start: 09:00

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	G	100 IM	Heats	79	14	09:00	00:32	00:32
102	B	50 Ba	Heats	62	11	09:32	00:19	00:51
103	G	50 Ba	Heats	90	15	09:51	00:26	01:17
104	B	100 Fr	Heats	62	11	10:17	00:23	01:40
105	G	100 Fr	Heats	90	15	10:40	00:31	02:11
<b>COMFORT BREAK</b>						<b>11:11</b>	<b>00:15</b>	<b>02:26</b>
106	B	50 Br	Heats	60	10	11:26	00:15	02:41
107	G	50 Br	Heats	94	16	11:41	00:25	03:06
108	B	100 FI	Heats	25	5	12:06	00:11	03:17
109	G	100 FI	Heats	43	8	12:17	00:18	03:35
<b>RELAY PREP BREAK</b>						<b>12:35</b>	<b>00:05</b>	<b>03:40</b>
110	X	200 MT	Heats	5	1	12:40	00:04	03:44
111	X	200 MT	Heats	7	2	12:44	00:08	03:52
112	X	200 MT	Heats	5	1	12:52	00:03	03:55
113	X	200 MT	Heats	5	1	12:55	00:03	03:58

Estimated Session Finish Time 12:58

### Session - 2 - 3EM260868 - at Alfreton Leisure Centre - Warm Up: 13:30 - Start: 14:30

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	B	100 IM	Heats	50	9	14:30	00:21	00:21
202	G	100 Ba	Heats	56	10	14:51	00:26	00:47
203	B	100 Ba	Heats	34	6	15:17	00:15	01:02
204	G	50 FI	Heats	83	14	15:32	00:20	01:22
205	B	50 FI	Heats	50	9	15:52	00:12	01:34
<b>COMFORT BREAK</b>						<b>16:04</b>	<b>00:15</b>	<b>01:49</b>
206	G	100 Br	Heats	63	11	16:19	00:28	02:17
207	B	100 Br	Heats	33	6	16:47	00:15	02:32
208	G	50 Fr	Heats	109	19	17:02	00:25	02:57
209	B	50 Fr	Heats	68	12	17:27	00:16	03:13
<b>RELAY PREP BREAK</b>						<b>17:43</b>	<b>00:05</b>	<b>03:18</b>
210	X	200 FT	Heats	3	1	17:48	00:04	03:22
211	X	200 FT	Heats	7	2	17:52	00:06	03:28
212	X	200 FT	Heats	4	1	17:58	00:03	03:31
213	X	200 FT	Heats	4	1	18:01	00:03	03:34

Estimated Session Finish Time 18:04

