



## 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, Sherwood	2
		Lane 2	CABSC	9
		Lane 3	CABSC	8
		Lane 4	Ripley	8
		Lane 5	Ripley	8
		Lane 6	Ripley	8
8.11-8.21	Female	Lane 1	Mansfield	8
		Lane 2	Mansfield	8
		Lane 3	Mansfield	8
		Lane 4	Mansfield	8
		Lane 5	Hucknall	6
		Lane 6	Hucknall	6
8.22-8.32	Female	Lane 1	Sutton	7
		Lane 2	Sutton	7
		Lane 3	Sutton	7
		Lane 4	Sutton	7
		Lane 5	Sutton	6
		Lane 6	Sutton	6
8.33-8.43	Open/Male	Lane 1	Arnold, Kimberley, Hucknall	6
		Lane 2	Hucknall	6
		Lane 3	CABSC	9
		Lane 4	CABSC	9
		Lane 5	Mansfield	6
		Lane 6	Mansfield	7
8.44-8.54	Open/Male	Lane 1	Ripley	8
		Lane 2	Ripley	7
		Lane 3	Sutton	7
		Lane 4	Sutton	7
		Lane 5	Sutton	6
		Lane 6	Sutton	6



## 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, Kimberley	3
		Lane 2	Hucknall	7
		Lane 3	CABSC	8
		Lane 4	CABSC	7
		Lane 5	Mansfield	6
		Lane 6	Mansfield	5
1.41-1.51	Open/Male	Lane 1	Ripley	7
		Lane 2	Ripley	7
		Lane 3	Sutton	7
		Lane 4	Sutton	6
		Lane 5	Sutton	6
		Lane 6	Sutton	6
1.52-2.02	Female	Lane 1	Arnold, Sherwood Leander	2
		Lane 2	CABSC	7
		Lane 3	CABSC	7
		Lane 4	Ripley	8
		Lane 5	Ripley	8
		Lane 6	Ripley	8
2.03-2.13	Female	Lane 1	Mansfield	8
		Lane 2	Mansfield	7
		Lane 3	Mansfield	7
		Lane 4	Mansfield	7
		Lane 5	Hucknall	6
		Lane 6	Hucknall	6
2.14-2.24	Female	Lane 1	Sutton	7
		Lane 2	Sutton	7
		Lane 3	Sutton	7
		Lane 4	Sutton	7
		Lane 5	Sutton	6
		Lane 6	Sutton	6