

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.

### Session - 1 - 3EM210644

**Warm Up Start: 01:15pm**

| Event | Sex | Stroke/Distance | Type  | Competitors | Heats | Start | Total | Cumulative |
|-------|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| 101   | G   | 400 IM          | Heats | 17          | 3     | 02:00 | 00:23 | 00:23      |
| 102   | B   | 100 Fr          | Heats | 52          | 7     | 02:23 | 00:14 | 00:38      |
| 103   | G   | 200 Ba          | Heats | 36          | 5     | 02:38 | 00:22 | 00:59      |
| 104   | B   | 200 IM          | Heats | 41          | 6     | 02:59 | 00:24 | 01:24      |
| 105   | G   | 100 Br          | Heats | 58          | 8     | 03:24 | 00:21 | 01:44      |
| 106   | B   | 200 Fl          | Heats | 8           | 1     | 03:44 | 00:04 | 01:48      |

**Estimated Session Finish Time 03:48**

### Session - 2 - 3EM210644

**Warm Up Start: 04:30pm**

| Event | Sex | Stroke/Distance | Type  | Competitors | Heats | Start | Total | Cumulative |
|-------|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| 201   | B   | 400 IM          | Heats | 7           | 1     | 05:15 | 00:07 | 00:07      |
| 202   | G   | 100 Fr          | Heats | 67          | 9     | 05:22 | 00:19 | 00:26      |
| 203   | B   | 200 Ba          | Heats | 31          | 4     | 05:41 | 00:17 | 00:43      |
| 204   | G   | 200 IM          | Heats | 56          | 7     | 05:58 | 00:28 | 01:11      |
| 205   | B   | 100 Br          | Heats | 36          | 5     | 06:26 | 00:13 | 01:24      |
| 206   | G   | 200 Fl          | Heats | 7           | 1     | 06:39 | 00:04 | 01:28      |

**Estimated Session Finish Time 06:43**

### Session - 3 - 3EM210644

**Warm Up Start: 01:15pm**

| Event | Sex | Stroke/Distance | Type  | Competitors | Heats | Start | Total | Cumulative |
|-------|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| 301   | B   | 400 Fr          | Heats | 28          | 4     | 02:00 | 00:28 | 00:28      |
| 302   | G   | 100 Fl          | Heats | 30          | 4     | 02:28 | 00:10 | 00:37      |
| 303   | B   | 200 Br          | Heats | 23          | 3     | 02:37 | 00:13 | 00:50      |
| 304   | G   | 100 Ba          | Heats | 57          | 8     | 02:50 | 00:21 | 01:12      |
| 305   | B   | 200 Fr          | Heats | 44          | 6     | 03:12 | 00:22 | 01:34      |

**Estimated Session Finish Time 03:34**

### Session - 4 - 3EM210644

**Warm Up Start: 04:15pm**

| Event | Sex | Stroke/Distance | Type  | Competitors | Heats | Start | Total | Cumulative |
|-------|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| 401   | G   | 400 Fr          | Heats | 39          | 5     | 05:00 | 00:33 | 00:33      |
| 402   | B   | 100 Fl          | Heats | 25          | 4     | 05:33 | 00:09 | 00:42      |
| 403   | G   | 200 Br          | Heats | 29          | 4     | 05:42 | 00:18 | 01:00      |
| 404   | B   | 100 Ba          | Heats | 37          | 5     | 06:00 | 00:13 | 01:13      |
| 405   | G   | 200 Fr          | Heats | 49          | 7     | 06:13 | 00:26 | 01:39      |

**Estimated Session Finish Time 06:39**

