

# Hastings Seagull Swimming Club

## Hastings Santa Chaser L2 Open meet 2017

### Session 1 Timings

|                              |        |     |       |            |
|------------------------------|--------|-----|-------|------------|
| Warmup                       | 08:00  | to  | 08:15 | 9-12 Boys  |
|                              | 08:15  | to  | 08:30 | 9-12 Girls |
|                              | 08:30  | to  | 08:45 | 13/O Boys  |
|                              | 08:45  | to  | 09:00 | 13/O Girls |
| Session 1 - Start time 09:05 |        |     |       |            |
| 1                            | Male   | 9/O | 100m  | IM         |
| 2                            | Female | 9/O | 50m   | BK         |
| 3                            | Male   | 9/O | 100m  | FC         |
| 4                            | Female | 9/O | 50m   | BRST       |
| 5                            | Male   | 9/O | 50m   | FLY        |
| 6                            | Female | 9/O | 100m  | FLY        |
| 7                            | Male   | 9/O | 400m  | FC         |

### Session 2 Timings

|                              |        |     |       |            |
|------------------------------|--------|-----|-------|------------|
| Warmup                       | 12:00  | to  | 12:15 | 9-12 Boys  |
|                              | 12:15  | to  | 12:30 | 9-12 Girls |
|                              | 12:30  | to  | 12:45 | 13/O Boys  |
|                              | 12:45  | to  | 13:00 | 13/O Girls |
| Session 2 - Start time 13:05 |        |     |       |            |
| 8                            | Female | 9/O | 100m  | IM         |
| 9                            | Male   | 9/O | 50m   | BK         |
| 10                           | Female | 9/O | 100m  | FC         |
| 11                           | Male   | 9/O | 50m   | BRST       |
| 12                           | Female | 9/O | 50m   | FLY        |
| 13                           | Male   | 9/O | 100m  | FLY        |
| 14                           | Female | 9/O | 400m  | FC         |

### Session 3 Timings

|                              |        |     |       |            |
|------------------------------|--------|-----|-------|------------|
| Warmup                       | 16:00  | to  | 16:15 | 9-12 Boys  |
|                              | 16:15  | to  | 16:30 | 9-12 Girls |
|                              | 16:30  | to  | 16:45 | 13/O Boys  |
|                              | 16:45  | to  | 17:00 | 13/O Girls |
| Session 3 - Start time 17:05 |        |     |       |            |
| 15                           | Female | 9/O | 100m  | BK         |
| 16                           | Male   | 9/O | 100m  | BRST       |
| 17                           | Female | 9/O | 100m  | BRST       |
| 18                           | Male   | 9/O | 100m  | BK         |
| 19                           | Female | 9/O | 50m   | FC         |
| 20                           | Male   | 9/O | 50m   | FC         |