

Hastings Seagull Swimming Club
Terry Fitzgerald Memorial Open Meet 13th July 2019

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	10/O	100m	FC
2	Female	9/O	200m	FC
3	Male	9/O	50m	BK
4	Female	10/O	100m	FLY
5	Male	10/O	100m	BK
6	Female	9/O	200m	BRST
7	Male	9/O	200m	IM
8	Female	9/O	50m	FLY
9	Male	9/O	50m	FC
10	Female	11/O	100m	IM

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				
11	Male	11/O	100m	IM
12	Female	9/O	50m	FC
13	Male	9/O	200m	FC
14	Female	10/O	100m	BRST
15	Male	10/O	100m	FLY
16	Female	9/O	200m	BK
17	Male	9/O	200m	BRST
18	Female	10/O	100m	FC
19	Male	9/O	50m	FLY
20	Female	12/O	200m	FLY

Session 3 Timings

Warmup	15:30	to	15:45	9-12 Boys
	15:45	to	16:00	9-12 Girls
	16:00	to	16:15	13/O Boys
	16:15	to	16:30	13/O Girls
Session 3 - Start time 16:35				
21	Male	12/O	200m	FLY
22	Female	10/O	100m	BK
23	Male	9/O	200m	BK
24	Female	9/O	200m	IM
25	Male	10/O	100m	BRST
26	Female	9/O	50m	BK
27	Male	9/O	50m	BRST
28	Female	9/O	50m	BRST