



Long Course Championships 2018 – Ponds Forge Sheffield Provisional Meet Time Line

PLEASE NOTE:

The time line is for guidance only. Once started the meet will run at its own pace, races will not wait for missing swimmers.

WITHDRAWAL PROCEDURES

**Withdrawals from heats must be notified by the start of the warm up,
i.e. 1 hour prior to the start of swimming.**

**Withdrawals can be made using the online form
which found using the links on the website on the entry, results and home page
In person to the recorders
or last-minute text to 07923 430711**

(Please Note: messages to this number will not be acknowledged and voice calls will not be answered.)

Withdrawals from FINALS (including reserves) must be made by the times specified below, reserves that have not withdrawn are released after this time.

Withdrawals from Finals can only be made in person to the recorders.

- All events in Session 1: 30mins following the end of the session
- All events in Session 2: 15mins following the end of the session
- All events in Session 4: 30mins following the end of the session
- All events in Session 5: 15mins following the end of the session

FAILURE TO NOTIFY A WITHDRAWAL FROM A FINAL IS SUBJECT TO A £20 FINE.

Please note that the diving pit will be open continually throughout the sessions for warm up and swim down, except during the lunch break where it will be in use by the Diving Club.



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Saturday 14th April - Session - 1 8:00am warm up for 9:00am start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	L	400 Fr	Heats	75	8	09:00	00:45	00:45
102	M	200 Fr	Heats	97	10	09:45	00:27	01:12
103	L	100 Ba	Heats	62	7	10:12	00:16	01:28
104	M	100 Br	Heats	92	10	10:28	00:19	01:47
105	L	200 IM	Heats	78	8	10:47	00:26	02:14
Estimated Session Finish Time 11:14am								

Saturday 14th April - Session - 2

11:30am warm up for 12:30pm start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	M	400 IM	Heats	60	6	12:30	00:34	00:34
202	L	200 Fl	Heats	53	6	13:04	00:20	00:54
203	M	200 Ba	Heats	58	6	13:24	00:20	01:14
204	L	100 Fr	Heats	104	11	13:44	00:19	01:33
205	M	100 Fl	Heats	103	11	14:03	00:19	01:52
206	L	200 Br	Heats	73	8	14:22	00:28	02:20
Estimated Session Finish Time 2:50pm								



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Saturday 14th April - Session – 3

3:15pm warm up for 4:00pm start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
301	L	400 MT	Heats	16	2	04:00	00:12	00:12
302	L	400 MT	Heats	6	1	04:12	00:06	00:17
303	M	400 FT	Heats	16	2	04:17	00:10	00:27
304	M	400 FT	Heats	7	1	04:27	00:04	00:31
305 (101)	L	400 Fr	Final			04:31	00:05	00:37
306 (101)	L	400 Fr	Final			04:37	00:05	00:42
307 (102)	M	200 Fr	Final			04:42	00:03	00:45
308 (102)	M	200 Fr	Final			04:45	00:03	00:48
309 (102)	M	200 Fr	Final			04:48	00:03	00:51
310 (102)	M	200 Fr	Final			04:51	00:03	00:54
311 (103)	L	100 Ba	Final			04:54	00:02	00:56
312 (103)	L	100 Ba	Final			04:56	00:02	00:58
313 (103)	L	100 Ba	Final			04:58	00:02	01:00
314 (103)	L	100 Ba	Final			05:00	00:02	01:02
315 (104)	M	100 Br	Final			05:02	00:02	01:04
316 (104)	M	100 Br	Final			05:04	00:02	01:06
317 (104)	M	100 Br	Final			05:06	00:02	01:08
318 (104)	M	100 Br	Final			05:08	00:02	01:10
319 (105)	L	200 IM	Final			05:10	00:03	01:14
320 (105)	L	200 IM	Final			05:14	00:03	01:17
321 (105)	L	200 IM	Final			05:17	00:03	01:21
322 (105)	L	200 IM	Final			05:21	00:03	01:24
323 (201)	M	400 IM	Final			05:24	00:06	01:30
324 (201)	M	400 IM	Final			05:30	00:06	01:35
325 (202)	L	200 FI	Final			05:35	00:03	01:39
326 (202)	L	200 FI	Final			05:39	00:03	01:42
327 (202)	L	200 FI	Final			05:42	00:03	01:45
328 (202)	L	200 FI	Final			05:45	00:03	01:49
329 (203)	M	200 Ba	Final			05:49	00:03	01:52
330 (203)	M	200 Ba	Final			05:52	00:03	01:55
331 (203)	M	200 Ba	Final			05:55	00:03	01:58
332 (203)	M	200 Ba	Final			05:58	00:03	02:02
333 (204)	L	100 Fr	Final			06:02	00:02	02:04
334 (204)	L	100 Fr	Final			06:04	00:02	02:05
335 (204)	L	100 Fr	Final			06:05	00:02	02:07
336 (204)	L	100 Fr	Final			06:07	00:02	02:09
337 (205)	M	100 FI	Final			06:09	00:02	02:11
338 (205)	M	100 FI	Final			06:11	00:02	02:13
339 (205)	M	100 FI	Final			06:13	00:02	02:15
340 (205)	M	100 FI	Final			06:15	00:02	02:17
341 (206)	L	200 Br	Final			06:17	00:04	02:21
342 (206)	L	200 Br	Final			06:21	00:04	02:25
343 (206)	L	200 Br	Final			06:25	00:04	02:28
344 (206)	L	200 Br	Final			06:28	00:04	02:32
Estimated Session Finish Time 6:32pm								



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Sunday 15th April - Session - 4

8:00am warm up for 9:00am start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	M	400 Fr	Heats	74	8	09:00	00:43	00:43
402	L	200 Fr	Heats	91	10	09:43	00:29	01:12
403	M	100 Ba	Heats	94	10	10:12	00:21	01:33
404	L	100 Br	Heats	87	9	10:33	00:18	01:51
405	M	200 IM	Heats	94	10	10:51	00:31	02:22
Estimated Session Finish Time 11:22am								

Sunday 15th April - Session - 5

12:00pm warm up for 1:00pm start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
501	L	400 IM	Heats	59	6	01:00	00:36	00:36
502	M	200 Fl	Heats	64	7	01:36	00:22	00:58
503	L	200 Ba	Heats	68	7	01:58	00:24	01:22
504	M	100 Fr	Heats	127	13	02:22	00:21	01:43
505	L	100 Fl	Heats	93	10	02:43	00:18	02:01
506	M	200 Br	Heats	69	7	03:01	00:23	02:25
Estimated Session Finish Time 03:25								



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Sunday 15th April - Session - 6

3:45pm warm up for 4:30pm start

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
601	M	400 MT	Heats	16	2	04:30	00:10	00:10
602	M	400 MT	Heats	8	1	04:40	00:05	00:15
603	L	400 FT	Heats	14	2	04:45	00:10	00:25
604	L	400 FT	Heats	6	1	04:55	00:05	00:30
605 (401)	M	400 Fr	Final			05:00	00:05	00:36
606 (401)	M	400 Fr	Final			05:06	00:05	00:41
607 (402)	L	200 Fr	Final			05:11	00:03	00:44
608 (402)	L	200 Fr	Final			05:14	00:03	00:47
609 (402)	L	200 Fr	Final			05:17	00:03	00:50
610 (402)	L	200 Fr	Final			05:20	00:03	00:53
611 (403)	M	100 Ba	Final			05:23	00:02	00:55
612 (403)	M	100 Ba	Final			05:25	00:02	00:57
613 (403)	M	100 Ba	Final			05:27	00:02	00:59
614 (403)	M	100 Ba	Final			05:29	00:02	01:01
615 (404)	L	100 Br	Final			05:31	00:02	01:03
616 (404)	L	100 Br	Final			05:33	00:02	01:06
617 (404)	L	100 Br	Final			05:36	00:02	01:08
618 (404)	L	100 Br	Final			05:38	00:02	01:10
619 (405)	M	200 IM	Final			05:40	00:03	01:13
620 (405)	M	200 IM	Final			05:43	00:03	01:16
621 (405)	M	200 IM	Final			05:46	00:03	01:19
622 (405)	M	200 IM	Final			05:49	00:03	01:23
623 (501)	L	400 IM	Final			05:53	00:06	01:29
624 (501)	L	400 IM	Final			05:59	00:06	01:35
625 (502)	M	200 FI	Final			06:05	00:03	01:38
626 (502)	M	200 FI	Final			06:08	00:03	01:41
627 (502)	M	200 FI	Final			06:11	00:03	01:44
628 (502)	M	200 FI	Final			06:14	00:03	01:47
629 (503)	L	200 Ba	Final			06:17	00:03	01:51
630 (503)	L	200 Ba	Final			06:21	00:03	01:54
631 (503)	L	200 Ba	Final			06:24	00:03	01:57
632 (503)	L	200 Ba	Final			06:27	00:03	02:01
633 (504)	M	100 Fr	Final			06:31	00:02	02:03
634 (504)	M	100 Fr	Final			06:33	00:02	02:04
635 (504)	M	100 Fr	Final			06:34	00:02	02:06
636 (504)	M	100 Fr	Final			06:36	00:02	02:08
637 (505)	L	100 FI	Final			06:38	00:02	02:10
638 (505)	L	100 FI	Final			06:40	00:02	02:12
639 (505)	L	100 FI	Final			06:42	00:02	02:14
640 (505)	L	100 FI	Final			06:44	00:02	02:16
641 (506)	M	200 Br	Final			06:46	00:03	02:20
642 (506)	M	200 Br	Final			06:50	00:03	02:23
643 (506)	M	200 Br	Final			06:53	00:03	02:27
644 (506)	M	200 Br	Final			06:57	00:03	02:30
Estimated Session Finish Time 7:00pm								