



# ASA East Midlands Region

(Under ASA Laws and ASA Technical Rules of Swimming)

## Long Course Championships 2016 - Corby

### Meet Time Line



**PLEASE NOTE:** The time line is for guidance only and once started the meet will run at its own pace, races will not wait for missing swimmers.

#### Saturday 28<sup>th</sup> - Session - 1 08:00am warm-up for 09:00am start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	G	400 Fr	Heats	41	6	09:00	00:34	00:34
102	B	100 Fl	Heats	54	7	09:34	00:14	00:48
103	G	50 Br	Heats	63	8	09:48	00:11	00:58
104	B	100 Br	Heats	47	6	09:58	00:13	01:11
105	G	200 IM	Heats	60	8	10:11	00:27	01:38
106	B	200 Fr	Heats	56	7	10:38	00:21	02:00
107	G	100 Ba	Heats	39	5	11:00	00:11	02:11
108	B	50 Ba	Heats	37	5	11:11	00:08	02:19
109	G	200 Fl	Heats	47	6	11:19	00:22	02:40

Estimated Session Finish Time 11:40

#### Saturday 28<sup>th</sup> - Session - 2 12:30pm warm-up for 01:30pm start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	B	400 IM	Heats	32	4	01:30	00:25	00:25
202	G	100 Fr	Heats	63	8	01:55	00:14	00:40
203	B	50 Fr	Heats	65	9	02:10	00:11	00:50
204	G	200 Br	Heats	48	6	02:20	00:22	01:13
205	B	200 Ba	Heats	40	5	02:43	00:18	01:31
206	G	50 Fl	Heats	75	10	03:01	00:12	01:43

Estimated Session Finish Time 03:13

#### Saturday 28<sup>th</sup> - Session - 3 04:00pm warm-up for 04:30pm start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
301 (101)	G	400 Fr	Final				04:30	00:06 00:06
302 (201)	B	400 IM	Final				04:36	00:07 00:13
303 (103)	G	50 Br	Final				04:43	00:02 00:15
304 (103)	G	50 Br	Final				04:45	00:02 00:17
305 (102)	B	100 Fl	Final				04:47	00:03 00:20
306 (102)	B	100 Fl	Final				04:50	00:03 00:23
307 (105)	G	200 IM	Final				04:53	00:04 00:27
308 (105)	G	200 IM	Final				04:57	00:04 00:31
309 (104)	B	100 Br	Final				05:01	00:03 00:34
310 (104)	B	100 Br	Final				05:04	00:03 00:37
311 (107)	G	100 Ba	Final				05:07	00:03 00:39
312 (107)	G	100 Ba	Final				05:09	00:03 00:42
313 (106)	B	200 Fr	Final				05:12	00:04 00:46
314 (106)	B	200 Fr	Final				05:16	00:04 00:50
315 (109)	G	200 Fl	Final				05:20	00:04 00:54
316 (109)	G	200 Fl	Final				05:24	00:04 00:58
317 (108)	B	50 Ba	Final				05:28	00:02 01:00
318 (108)	B	50 Ba	Final				05:30	00:02 01:02
319 (202)	G	100 Fr	Final				05:32	00:03 01:05
320 (202)	G	100 Fr	Final				05:35	00:03 01:07
321 (203)	B	50 Fr	Final				05:37	00:02 01:09
322 (203)	B	50 Fr	Final				05:39	00:02 01:11
323 (204)	G	200 Br	Final				05:41	00:04 01:16
324 (204)	G	200 Br	Final				05:46	00:04 01:20
325 (205)	B	200 Ba	Final				05:50	00:04 01:24
326 (205)	B	200 Ba	Final				05:54	00:04 01:28
327 (206)	G	50 Fl	Final				05:58	00:02 01:30
328 (206)	G	50 Fl	Final				06:00	00:02 01:32

Estimated Session Finish Time 06:02





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### Meet Time Line



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#### Sunday 29<sup>th</sup> - Session - 4 08:00am warm-up for 09:00am start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	B	400 Fr	Heats	44	6	09:00	00:34	00:34
402	G	100 Fl	Heats	63	8	09:34	00:16	00:49
403	B	50 Br	Heats	43	6	09:49	00:08	00:57
404	G	100 Br	Heats	47	6	09:57	00:13	01:10
405	B	200 IM	Heats	51	7	10:10	00:24	01:34
406	G	200 Fr	Heats	51	7	10:34	00:21	01:55
407	B	100 Ba	Heats	41	6	10:55	00:14	02:09
408	G	50 Ba	Heats	45	6	11:09	00:10	02:18
409	B	200 Fl	Heats	35	5	11:18	00:18	02:37

Estimated Session Finish Time 11:37

#### Sunday 29<sup>th</sup> - Session - 5 12:30pm warm-up for 01:30pm start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
501	G	400 IM	Heats	51	7	01:30	00:45	00:45
502	B	100 Fr	Heats	64	8	02:15	00:14	00:59
503	G	50 Fr	Heats	84	11	02:29	00:13	01:12
504	B	200 Br	Heats	32	4	02:42	00:15	01:27
505	G	200 Ba	Heats	39	5	02:57	00:18	01:46
506	B	50 Fl	Heats	59	8	03:16	00:10	01:56

Estimated Session Finish Time 03:26

#### Sunday 29<sup>th</sup> - Session - 6 04:00pm warm-up for 04:30pm start

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
601 (401)	B	400 Fr	Final				04:30	00:06 00:06
602 (501)	G	400 IM	Final				04:36	00:07 00:13
603 (403)	B	50 Br	Final				04:43	00:02 00:15
604 (403)	B	50 Br	Final				04:45	00:02 00:18
605 (402)	G	100 Fl	Final				04:48	00:03 00:20
606 (402)	G	100 Fl	Final				04:50	00:03 00:23
607 (405)	B	200 IM	Final				04:53	00:04 00:27
608 (405)	B	200 IM	Final				04:57	00:04 00:31
609 (404)	G	100 Br	Final				05:01	00:03 00:34
610 (404)	G	100 Br	Final				05:04	00:03 00:37
611 (407)	B	100 Ba	Final				05:07	00:03 00:39
612 (407)	B	100 Ba	Final				05:09	00:03 00:42
613 (406)	G	200 Fr	Final				05:12	00:04 00:46
614 (406)	G	200 Fr	Final				05:16	00:04 00:50
615 (409)	B	200 Fl	Final				05:20	00:04 00:54
616 (409)	B	200 Fl	Final				05:24	00:04 00:58
617 (408)	G	50 Ba	Final				05:28	00:02 01:00
618 (408)	G	50 Ba	Final				05:30	00:02 01:02
619 (502)	B	100 Fr	Final				05:32	00:03 01:05
620 (502)	B	100 Fr	Final				05:35	00:03 01:07
621 (503)	G	50 Fr	Final				05:37	00:02 01:09
622 (503)	G	50 Fr	Final				05:39	00:02 01:11
623 (504)	B	200 Br	Final				05:41	00:04 01:16
624 (504)	B	200 Br	Final				05:46	00:04 01:20
625 (505)	G	200 Ba	Final				05:50	00:04 01:24
626 (505)	G	200 Ba	Final				05:54	00:04 01:28
627 (506)	B	50 Fl	Final				05:58	00:02 01:30
628 (506)	B	50 Fl	Final				06:00	00:02 01:32

Estimated Session Finish Time 06:02

