



**Long Course Championships 2018 – Ponds Forge Sheffield
Sprints and Distance Gala 3
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**

Withdrawals from FINALS (including reserves) must be made by the times specified below, reserves that have not withdrawn are released after this time.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 event 706**
- All events in Session 2: **30mins following event 806**

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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Meet Timing Report For Session 01 - WARM-UP FROM 8:00AM START 9:00AM								
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds & Between Finals 90 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
701	M	800 FT	Heats	7	1	09:00	00:10	00:10
702	M	800 FT	Heats	5	1	09:10	00:09	00:18
703	L	50 Fl	Heats	96	10	09:18	00:12	00:30
704	M	50 Br	Heats	119	12	09:30	00:15	00:45
705	L	50 Ba	Heats	78	8	09:45	00:12	00:57
706	M	50 Fr	Heats	149	15	09:57	00:17	01:14
707	L	800 Fr	Heats	60	6	10:14	01:02	02:16
		COMFORT	BREAK	15-MINS		11:16	00:15	02:31
708 (704)	M	50 Br	Final			11:31	00:02	02:33
709 (704)	M	50 Br	Final			11:33	00:02	02:35
710 (704)	M	50 Br	Final			11:35	00:02	02:37
711 (704)	M	50 Br	Final			11:37	00:02	02:39
712 (703)	L	50 Fl	Final			11:39	00:02	02:41
713 (703)	L	50 Fl	Final			11:41	00:02	02:43
714 (703)	L	50 Fl	Final			11:43	00:02	02:45
715 (703)	L	50 Fl	Final			11:45	00:02	02:47
716 (706)	M	50 Fr	Final			11:47	00:02	02:49
717 (706)	M	50 Fr	Final			11:49	00:02	02:51
718 (706)	M	50 Fr	Final			11:51	00:02	02:53
719 (706)	M	50 Fr	Final			11:53	00:02	02:55
720 (705)	L	50 Ba	Final			11:55	00:02	02:57
721 (705)	L	50 Ba	Final			11:57	00:02	02:59
722 (705)	L	50 Ba	Final			11:59	00:02	03:01
723 (705)	L	50 Ba	Final			12:01	00:02	03:03
Estimated Session Finish Time 12:03								



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Meet Timing Report For Session 02 - WARM-UP FROM 12:45PM START 1:45PM								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
801	L	800 FT	Heats	9	1	01:45	00:10	00:10
802	L	800 FT	Heats	2	1	01:55	00:09	00:20
803	M	50 Fl	Heats	136	14	02:05	00:16	00:36
804	L	50 Br	Heats	88	9	02:21	00:11	00:47
805	M	50 Ba	Heats	107	11	02:32	00:17	01:04
806	L	50 Fr	Heats	111	12	02:49	00:14	01:17
807	M	1500 Fr	Heats	60	6	03:02	01:51	03:08
		COMFORT	BREAK	30-MINS		04:53	00:30	03:38
808 (804)	L	50 Br	Final			05:23	00:02	03:40
809 (804)	L	50 Br	Final			05:25	00:02	03:42
810 (804)	L	50 Br	Final			05:27	00:02	03:44
811 (804)	L	50 Br	Final			05:29	00:02	03:46
812 (803)	M	50 Fl	Final			05:31	00:02	03:48
813 (803)	M	50 Fl	Final			05:33	00:02	03:50
814 (803)	M	50 Fl	Final			05:35	00:02	03:52
815 (803)	M	50 Fl	Final			05:37	00:02	03:54
816 (806)	L	50 Fr	Final			05:39	00:02	03:56
817 (806)	L	50 Fr	Final			05:41	00:02	03:58
818 (806)	L	50 Fr	Final			05:43	00:02	04:00
819 (806)	L	50 Fr	Final			05:45	00:02	04:02
820 (805)	M	50 Ba	Final			05:47	00:02	04:04
821 (805)	M	50 Ba	Final			05:49	00:02	04:06
822 (805)	M	50 Ba	Final			05:51	00:02	04:08
823 (805)	M	50 Ba	Final			05:53	00:02	04:10
Estimated Session Finish Time 05:55								