

This time line is for guidance only. Sessions will not start before the time stated but the meet will then run at its own pace. Races will not wait for missing swimmers.

Nova Centurion Swimming Club - L1 Long Course Open Meet								
ASA License - 1EM170475								
Session 1		Saturday 21st October			Warm-up 7:55am - 8:55am Start 9am			
Withdrawals by 8am								
Time Between Heats 40 Seconds & Between Backstroke Heats 50 Seconds & Between Finals 60 Seconds								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
101	G	400 Fr	Heats	80	10	09:00	00:56	00:56
102	B	100 Fl	Heats	69	9	09:56	00:17	01:14
103	G	100 Br	Heats	71	9	10:14	00:19	01:33
104	B	50 Ba	Heats	78	10	10:33	00:15	01:47
Mid Session Break - 10 Mins						10:48	00:10	01:57
105	G	200 IM	Heats	88	11	10:58	00:38	02:35
106	B	200 Fr	Heats	88	11	11:36	00:34	03:09
107	G	200 Ba	Heats	88	11	12:10	00:39	03:48
108	B	50 Br	Heats	64	8	12:49	00:11	03:59
109 (103)	G	100 Br	Final			13:00	00:02	04:01
110 (103)	G	100 Br	Final			13:02	00:02	04:03
111 (102)	B	100 Fl	Final			13:04	00:02	04:05
112 (102)	B	100 Fl	Final			13:06	00:02	04:07
Estimated Session Finish Time 1:09pm								
Session 2		Saturday 21st October			Warm-up from 1:30pm Start 2:30pm			
Withdrawals by 12noon								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
201	B	400 IM	Heats	40	5	14:30	00:31	00:31
202	G	100 Fr	Heats	185	24	15:01	00:43	01:15
203	B	100 Ba	Heats	86	11	15:45	00:23	01:38
Mid Session Break - 10 Mins						16:08	10:00	01:48
204	G	50 Fl	Heats	104	13	16:18	00:16	02:04
205	B	50 Fr	Heats	108	14	16:04	00:16	02:20
206	G	200 Br	Heats	81	11	16:50	00:42	03:02
207	B	200 Fl	Heats	31	4	17:32	00:13	03:15
208 (202)	G	100 Fr	Final			17:45	00:02	03:17
209 (202)	G	100 Fr	Final			17:47	00:02	03:19
210 (203)	B	100 Ba	Final			17:49	00:02	03:21
211 (203)	B	100 Ba	Final			17:51	00:02	03:23
Estimated Session Finish Time 5:53pm								

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Nova Centurion Swimming Club - L1 Long Course Open Meet								
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Session 3		Sunday 22nd October Warm-up 7:55am - 8:55am Start 9am						
Withdrawals by 8am								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
301	B	400 Fr	Heats	71	9	09:00	00:52	00:52
302	G	100 Fl	Heats	87	11	09:52	00:21	01:13
303	B	100 Br	Heats	60	8	10:13	00:17	01:30
304	G	50 Ba	Heats	106	14	10:30	00:20	01:51
Mid Session Break - 10 Mins						10:40	10:00	02:01
305	B	200 IM	Heats	88	11	10:50	00:38	02:38
306	G	200 Fr	Heats	112	14	11:28	00:43	03:21
307	B	200 Ba	Heats	57	8	12:11	00:28	03:51
308	G	50 Br	Heats	77	10	12:39	00:14	04:03
309 (303)	B	100 Br	Final			12:53	00:02	04:05
310 (303)	B	100 Br	Final			12:55	00:02	04:07
311 (302)	G	100 Fl	Final			12:57	00:02	04:09
312 (302)	G	100 Fl	Final			12:59	00:02	04:11
Estimated Session Finish Time 1:01pm								
Withdrawals by 12noon								
Session 4		Sunday 22nd October Warm-up from 1:30pm Start 2:30pm						
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	G	400 IM	Heats	59	8	14:30	00:52	00:52
402	B	100 Fr	Heats	135	17	15:22	00:30	01:21
403	G	100 Ba	Heats	120	15	15:51	00:32	01:53
Mid Session Break - 10 Mins						16:23	10:00	02:03
404	B	50 Fl	Heats	79	10	16:33	00:12	02:15
405	G	50 Fr	Heats	133	17	16:45	00:20	02:36
406	B	200 Br	Heats	57	8	17:06	00:31	03:06
407	G	200 Fl	Heats	39	5	17:36	00:17	03:23
408 (402)	B	100 Fr	Final			17:53	00:02	03:25
409 (402)	B	100 Fr	Final			17:55	00:02	03:27
410 (403)	G	100 Ba	Final			17:57	00:02	03:29
411 (403)	G	100 Ba	Final			17:59	00:02	03:31
Estimated Session Finish Time 6:01pm								