

South East Region Swimming Championships 2015 - Estimated Timing

<u>Session Five</u>		<u>Session Seven</u>	
Warm Up	08:30	Warm Up	08:00
301: L 17/O 400m Medley Team	09:30	401: M 17/O 400m Medley Team	09:00
302: M 17/O 400m Freestyle Team	09:41	402: L 17/O 400m Freestyle Team	09:10
303: G 14-16 400m Medley Team	09:51	403: B 14-16 400m Medley Team	09:21
304: B 14-16 400m Freestyle Team	10:14	404: G 14-16 400m Freestyle Team	09:37
305: G 11-14 400m Freestyle	10:29	405: B 11-14 400m Freestyle	09:53
Break			
306: B 11-14 400m Ind Medley	11:25	406: G 11-14 400m Ind Medley	10:50
307: G 15/O 400m Freestyle	12:10	407: B 15/O 400m Freestyle	11:36
308: B 15/O 400m Ind Medley	12:50	408: G 15/O 400m Ind Medley	12:14
Est Finish	13:25	Est Finish	12:57
<u>Session Six</u>		<u>Session Eight</u>	
Warm Up	14:00	Warm Up	13:45
351: G 14-16 800m Freestyle Team	14:45	451: B 14-16 800m Freestyle Team	14:30
352: L 17/O 800m Freestyle Team	15:05	452: M 17/O 800m Freestyle Team	14:50
353: B 11/O 1500m Freestyle	15:15	453: G 11/O 800m Freestyle	15:08
Est Finish	17:45	Est Finish	17:58

IMPORTANT NOTE

These estimated timings are for guidance only, and are subject to change.

If there are withdrawals, events other than the first event in each session could start earlier than shown.

If there are any interruptions, events could start and finish later than shown.