

Session	Day	Date	Swimmers	Withdrawal	Interval	Warm up Start	Warm up	Swim Start	Swimming	Presentations	Finals	Finish
1	sat	27/01/2024	232	11.00		13:30	00:45	14:15	01:25	00:25	00:35	16:40
2	sat	27/01/2024	265	15.00	00:20	17:00	01:00	18:00	01:40	00:15	00:30	20:25
3	sun	28/01/2024	169	11.00		12:30	00:45	13:15	01:45	00:15	00:20	15:35
4	sun	28/01/2024	175	15.00	00:25	16:00	00:45	16:45	01:20	00:15	00:20	18:40
5	sat	03/02/2024	302	11.00		12:00	01:15	13:15	01:50	00:15	00:35	15:55
6a	sun	04/02/2024	29	9.00		10:00	00:15	10:15	00:45	00:00	00:00	11:00
6b	sun	04/02/2024	23	9.00		11:00	00:15	11:15	01:00	00:00	00:00	12:15
6c	sun	04/02/2024	60	9.00		12:15	00:15	12:30	00:35	00:00	00:00	13:05
7	sun	04/02/2024	197	12.00	00:20	13:25	00:45	14:10	01:50	00:20	00:20	16:40
8	sun	04/02/2024	297	15.00	00:20	17:00	01:00	18:00	01:35	00:15	00:30	20:20
9	sat	10/02/2024	285	11.00		13:30	01:00	14:30	02:00	00:20	00:30	17:20
10	sat	10/02/2024	206	15.00	00:20	17:40	00:45	18:25	01:40	00:15	00:20	20:40
11	sun	11/02/2024	207	11.00		12:30	00:45	13:15	02:20	00:15	00:35	16:25
12	sun	11/02/2024	212	15.00	00:20	16:45	00:45	17:30	02:20	00:15	00:30	20:35

Note: Session 1 = 10 mins to hand over presential chain and 15 mins between heats and finals

Note: Session 6 has 3 warm up sessions interspersed between each event

Note: Some warm up sessions will contain mixed sexes to reduce warm up times