SWIM ULSTER AUTUMN MEET - 17/10/2014 to 19/10/2014

Session Report

Session: 1 MIXED WARM UP 5PM

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event		
Finals	1	Women 9 & Over 800 Freestyle	06:00 PM	_____
Finals	2	Men 9 & Over 1500 Freestyle	06:51 PM	_____
		Swimmers Counts for Warm-ups: 36		
		Finish Time	07:19 PM	_____

Session: 2 GIRLS WARM UP 9AM

Day of Meet: 2 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event		
Finals	3	Women 9 & Over 400 IM	10:00 AM	_____
Finals	4	Men 9 & Over 200 IM	10:29 AM	_____
Finals	5	Women 9 & Over 100 Butterfly	10:54 AM	_____
Finals	6	Men 9 & Over 200 Backstroke	11:05 AM	_____
Finals	7	Women 9 & Over 100 Breaststroke	11:24 AM	_____
Finals	8	Men 9 & Over 100 Freestyle	11:43 AM	_____
Finals	9	Women 9 & Over 50 Butterfly	12:00 PM	_____
Finals	10	Men 9 & Over 50 Backstroke	12:06 PM	_____
		Swimmers Counts for Warm-ups: 205		
		Finish Time	12:09 PM	_____

Session: 3 BOYS WARM UP 1PM

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event		
Finals	11	Men 9 & Over 400 Freestyle	02:00 PM	_____
Finals	12	Women 9 & Over 200 Freestyle	02:55 PM	_____
Finals	13	Men 9 & Over 200 Breaststroke	03:36 PM	_____
Finals	14	Women 9 & Over 100 Backstroke	03:56 PM	_____
Finals	15	Men 9 & Over 200 Butterfly	04:18 PM	_____
Finals	16	Women 9 & Over 50 Freestyle	04:25 PM	_____
Finals	17	Men 9 & Over 50 Breaststroke	04:30 PM	_____
Finals	18	Women 9 & Over 100 IM	04:35 PM	_____
		Swimmers Counts for Warm-ups: 219		
		Finish Time	04:44 PM	_____

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Session Report

Session: 4 BOYS WARM UP 9AM

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event		
Finals	19	Men 9 & Over 400 IM	10:00 AM	_____
Finals	20	Women 9 & Over 200 IM	10:16 AM	_____
Finals	21	Men 9 & Over 100 Butterfly	10:51 AM	_____
Finals	22	Women 9 & Over 200 Backstroke	11:04 AM	_____
Finals	23	Men 9 & Over 100 Breaststroke	11:26 AM	_____
Finals	24	Women 9 & Over 100 Freestyle	11:39 AM	_____
Finals	25	Men 9 & Over 50 Butterfly	11:58 AM	_____
Finals	26	Women 9 & Over 50 Backstroke	12:02 PM	_____
		Swimmers Counts for Warm-ups: 199		
		Finish Time	12:05 PM	_____

Session: 5 GIRLS WARM UP 1PM

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round		Event		
Finals	27	Women 9 & Over 400 Freestyle	02:00 PM	_____
Finals	28	Men 9 & Over 200 Freestyle	02:45 PM	_____
Finals	29	Women 9 & Over 200 Breaststroke	03:13 PM	_____
Finals	30	Men 9 & Over 100 Backstroke	03:33 PM	_____
Finals	31	Women 9 & Over 200 Butterfly	03:46 PM	_____
Finals	32	Men 9 & Over 50 Freestyle	03:54 PM	_____
Finals	33	Women 9 & Over 50 Breaststroke	03:57 PM	_____
Finals	34	Men 9 & Over 100 IM	03:59 PM	_____
		Swimmers Counts for Warm-ups: 165		
		Finish Time	04:05 PM	_____