SWIM ULSTER SPRING QUALIFYING GALA - 12/02/2016 to 14/02/2016

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	Starts at	
Finals	1	Mixed 9 & Over 800 Freestyle	06:00 PM	_____
Finals	2	Mixed 9 & Over 1500 Freestyle	07:28 PM	_____
		Swimmers Counts for Warm-ups: 94		
		Finish Time	09:01 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	Starts at	
Finals	3	Women 9 & Over 400 IM	10:00 AM	_____
Finals	4	Men 9 & Over 200 IM	10:22 AM	_____
Finals	5	Women 9 & Over 100 Butterfly	11:04 AM	_____
Finals	6	Men 9 & Over 200 Backstroke	11:17 AM	_____
Finals	7	Women 9 & Over 100 Breaststroke	11:43 AM	_____
Finals	8	Men 9 & Over 100 Freestyle	12:03 PM	_____
Finals	9	Women 9 & Over 50 Butterfly	12:28 PM	_____
Finals	10	Men 9 & Over 50 Backstroke	12:34 PM	_____
		Swimmers Counts for Warm-ups: 323		
		Finish Time	12:40 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	Starts at	
Finals	11	Men 9 & Over 400 Freestyle	02:00 PM	_____
Finals	12	Women 9 & Over 200 Freestyle	02:50 PM	_____
Finals	13	Men 9 & Over 200 Breaststroke	03:32 PM	_____
Finals	14	Women 9 & Over 100 Backstroke	04:07 PM	_____
Finals	15	Men 9 & Over 200 Butterfly	04:34 PM	_____
Finals	16	Women 9 & Over 50 Freestyle	04:41 PM	_____
Finals	17	Men 9 & Over 50 Breaststroke	04:47 PM	_____
		Swimmers Counts for Warm-ups: 325		
		Finish Time	04:53 PM	_____

Session: 4 BOYS WARM UP 9AM

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

Round		Event	Starts at	
Finals	18	Men 9 & Over 400 IM	10:00 AM	_____
Finals	19	Women 9 & Over 200 IM	10:21 AM	_____
Finals	20	Men 9 & Over 100 Butterfly	11:04 AM	_____
Finals	21	Women 9 & Over 200 Backstroke	11:18 AM	_____
Finals	22	Men 9 & Over 100 Breaststroke	11:52 AM	_____
Finals	23	Women 9 & Over 100 Freestyle	12:14 PM	_____
Finals	24	Men 9 & Over 50 Butterfly	12:37 PM	_____
Finals	25	Women 9 & Over 50 Backstroke	12:41 PM	_____
		Swimmers Counts for Warm-ups: 319		
		Finish Time	12:45 PM	_____

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Session Report

Session: 5 GIRLS WARM UP 1PM

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

Round		Event	Starts at	
Finals	26	Women 9 & Over 400 Freestyle	02:00 PM	_____
Finals	27	Men 9 & Over 200 Freestyle	03:03 PM	_____
Finals	28	Women 9 & Over 200 Breaststroke	03:41 PM	_____
Finals	29	Men 9 & Over 100 Backstroke	04:09 PM	_____
Finals	30	Women 9 & Over 200 Butterfly	04:27 PM	_____
Finals	31	Men 9 & Over 50 Freestyle	04:34 PM	_____
Finals	32	Women 9 & Over 50 Breaststroke	04:40 PM	_____
		Swimmers Counts for Warm-ups: 291		
		Finish Time	04:43 PM	_____