

**SWIM ENGLAND EAST MIDLANDS REGION
TIME LINE - GALA 3 - PONDS FORGE SHEFFIELD - May 7th and 8th 2022**

SATURDAY Session 1 Warmup from 8am Start 9am									
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative	
101	L	400 Fr	Heats	78	8	09:00	00:44	00:44	
102	M	200 Fr	Heats	110	11	09:44	00:31	01:15	
103	L	100 Ba	Heats	125	13	10:15	00:29	01:43	
104	M	100 Br	Heats	126	13	10:43	00:26	02:09	
105	L	200 IM	Heats	106	11	11:09	00:36	02:45	
Estimated Session Finish Time 11:45am									
Session 2 Warmup from 12pm Start 1pm									
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative	
201	M	400 IM	Heats	48	5	01:00	00:29	00:29	
202	L	200 Fl	Heats	60	6	01:29	00:20	00:49	
203	M	200 Ba	Heats	77	8	01:49	00:27	01:16	
204	L	100 Fr	Heats	185	19	02:16	00:33	01:50	
205	M	100 Fl	Heats	126	13	02:50	00:23	02:13	
206	L	200 Br	Heats	74	8	03:13	00:29	02:42	
Estimated Session Finish Time 3:42pm									
Session 3 Warmup from 4pm Start 4:45pm									
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative	
301	L	400 MT	Heats	17	2	04:45	00:11	00:11	
302	L	400 MT	Heats	9	1	04:56	00:05	00:17	
303	M	400 FT	Heats	15	2	05:02	00:10	00:27	
304	M	400 FT	Heats	10	1	05:12	00:05	00:31	
305 (101)	L	400 Fr	Final			05:16	00:05	00:37	
306 (101)	L	400 Fr	Final			05:22	00:05	00:42	
307 (102)	M	200 Fr	Final			05:27	00:03	00:45	
308 (102)	M	200 Fr	Final			05:30	00:03	00:48	
309 (102)	M	200 Fr	Final			05:33	00:03	00:51	
310 (102)	M	200 Fr	Final			05:36	00:03	00:54	
311 (103)	L	100 Ba	Final			05:39	00:02	00:56	
312 (103)	L	100 Ba	Final			05:41	00:02	00:58	
313 (103)	L	100 Ba	Final			05:43	00:02	01:00	
314 (103)	L	100 Ba	Final			05:45	00:02	01:02	
315 (104)	M	100 Br	Final			05:47	00:02	01:04	
316 (104)	M	100 Br	Final			05:49	00:02	01:06	
317 (104)	M	100 Br	Final			05:51	00:02	01:08	
318 (104)	M	100 Br	Final			05:53	00:02	01:10	
319 (105)	L	200 IM	Final			05:55	00:03	01:14	
320 (105)	L	200 IM	Final			05:59	00:03	01:17	
321 (105)	L	200 IM	Final			06:02	00:03	01:21	
322 (105)	L	200 IM	Final			06:06	00:03	01:24	
323 (201)	M	400 IM	Final			06:09	00:06	01:30	
324 (201)	M	400 IM	Final			06:15	00:06	01:36	
325 (202)	L	200 Fl	Final			06:21	00:03	01:39	
326 (202)	L	200 Fl	Final			06:24	00:03	01:43	
327 (202)	L	200 Fl	Final			06:28	00:03	01:46	
328 (202)	L	200 Fl	Final			06:31	00:03	01:49	
329 (203)	M	200 Ba	Final			06:34	00:03	01:52	
330 (203)	M	200 Ba	Final			06:37	00:03	01:56	
331 (203)	M	200 Ba	Final			06:41	00:03	01:59	
332 (203)	M	200 Ba	Final			06:44	00:03	02:02	
333 (204)	L	100 Fr	Final			06:47	00:02	02:04	
334 (204)	L	100 Fr	Final			06:49	00:02	02:06	
335 (204)	L	100 Fr	Final			06:51	00:02	02:08	
336 (204)	L	100 Fr	Final			06:53	00:02	02:10	
337 (205)	M	100 Fl	Final			06:55	00:02	02:12	
338 (205)	M	100 Fl	Final			06:57	00:02	02:14	
339 (205)	M	100 Fl	Final			06:59	00:02	02:16	
340 (205)	M	100 Fl	Final			07:01	00:02	02:18	
341 (206)	L	200 Br	Final			07:03	00:04	02:21	
342 (206)	L	200 Br	Final			07:06	00:04	02:25	
343 (206)	L	200 Br	Final			07:10	00:04	02:29	
344 (206)	L	200 Br	Final			07:14	00:04	02:32	
Estimated Session Finish Time 7:17pm									

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SUNDAY Session 4 Warmup from 8am Start 9am								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
401	M	400 Fr	Heats	57	6	09:00	00:33	00:33
402	L	200 Fr	Heats	129	13	09:33	00:39	01:12
403	M	100 Ba	Heats	108	11	10:12	00:24	01:35
404	L	100 Br	Heats	100	10	10:35	00:20	01:56
405	M	200 IM	Heats	106	11	10:56	00:35	02:31
Estimated Session Finish Time 11:31pm								
Session 5 Warmup from 11.45 Start 12.45pm								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
501	L	400 IM	Heats	63	7	12:45	00:43	00:43
502	M	200 Fl	Heats	58	6	13:28	00:19	01:02
503	L	200 Ba	Heats	81	9	13:47	00:32	01:34
504	M	100 Fr	Heats	165	17	14:19	00:29	02:03
505	L	100 Fl	Heats	105	11	14:48	00:20	02:23
506	M	200 Br	Heats	73	8	15:08	00:28	02:51
Estimated Session Finish Time 3:36pm								
Session 6 Warmup from 3.45pm Start 4:30pm								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total	Cumulative
601	M	400 MT	Heats	14	2	04:30	00:11	00:11
602	M	400 MT	Heats	9	1	04:41	00:05	00:16
603	L	400 FT	Heats	19	2	04:46	00:10	00:27
604	L	400 FT	Heats	9	1	04:57	00:05	00:31
605 (401)	M	400 Fr	Final			05:01	00:05	00:36
606 (401)	M	400 Fr	Final			05:06	00:05	00:42
607 (402)	L	200 Fr	Final			05:12	00:03	00:45
608 (402)	L	200 Fr	Final			05:15	00:03	00:48
609 (402)	L	200 Fr	Final			05:18	00:03	00:51
610 (402)	L	200 Fr	Final			05:21	00:03	00:54
611 (403)	M	100 Ba	Final			05:24	00:02	00:56
612 (403)	M	100 Ba	Final			05:26	00:02	00:58
613 (403)	M	100 Ba	Final			05:28	00:02	01:00
614 (403)	M	100 Ba	Final			05:30	00:02	01:02
615 (404)	L	100 Br	Final			05:32	00:02	01:04
616 (404)	L	100 Br	Final			05:34	00:02	01:07
617 (404)	L	100 Br	Final			05:37	00:02	01:09
618 (404)	L	100 Br	Final			05:39	00:02	01:11
619 (405)	M	200 IM	Final			05:41	00:03	01:14
620 (405)	M	200 IM	Final			05:44	00:03	01:17
621 (405)	M	200 IM	Final			05:47	00:03	01:20
622 (405)	M	200 IM	Final			05:50	00:03	01:24
623 (501)	L	400 IM	Final			05:54	00:06	01:30
624 (501)	L	400 IM	Final			06:00	00:06	01:36
625 (502)	M	200 Fl	Final			06:06	00:03	01:39
626 (502)	M	200 Fl	Final			06:09	00:03	01:42
627 (502)	M	200 Fl	Final			06:12	00:03	01:45
628 (502)	M	200 Fl	Final			06:15	00:03	01:48
629 (503)	L	200 Ba	Final			06:18	00:03	01:52
630 (503)	L	200 Ba	Final			06:22	00:03	01:55
631 (503)	L	200 Ba	Final			06:25	00:03	01:59
632 (503)	L	200 Ba	Final			06:29	00:03	02:02
633 (504)	M	100 Fr	Final			06:32	00:02	02:04
634 (504)	M	100 Fr	Final			06:34	00:02	02:06
635 (504)	M	100 Fr	Final			06:36	00:02	02:08
636 (504)	M	100 Fr	Final			06:38	00:02	02:09
637 (505)	L	100 Fl	Final			06:39	00:02	02:12
638 (505)	L	100 Fl	Final			06:42	00:02	02:14
639 (505)	L	100 Fl	Final			06:44	00:02	02:16
640 (505)	L	100 Fl	Final			06:46	00:02	02:18
641 (506)	M	200 Br	Final			06:48	00:03	02:21
642 (506)	M	200 Br	Final			06:51	00:03	02:25
643 (506)	M	200 Br	Final			06:55	00:03	02:28
644 (506)	M	200 Br	Final			06:58	00:03	02:32
Estimated Session Finish Time 7:02pm								

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