



**Long Course Championships 2019 – Ponds Forge Sheffield
Provisional Meet Time Line**

PLEASE NOTE:

The time line is for guidance only. Once started the meet will run at its own pace, races will not wait for missing swimmers.

WITHDRAWAL PROCEDURES

**FROM ALL INDIVIDUAL EVENTS
MUST BE MADE BY 6pm ON FRIDAY 17th MAY
AND 6pm ON SATURDAY 18th MAY**

**Withdrawals should be made using the online form
which can be found on the website**

Withdrawals from Finals can only be made in person to the recorders

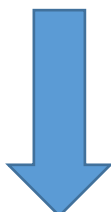
Withdrawals from FINALS (including reserves) must be made by the times specified below
reserves that have not withdrawn are released after this time.

- All events in Session 1: 30mins following the end of the session
- All events in Session 2: 15mins following the end of the session
- All events in Session 4: 30mins following the end of the session
- All events in Session 5: 15mins following the end of the session

FAILURE TO NOTIFY A WITHDRAWAL FROM A FINAL IS SUBJECT TO A £20 FINE.

Please note that the diving pit will be open continually throughout the sessions for warm up and swim down, except during the lunch break where it will be in use by the Diving Club.

TIME LINE FOLLOWS



| Gala 3 - Session 1 Warm up from 8am Start 9am | | | | | | | | |
|--|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 101 | L | 400 Fr | Heats | 71 | 8 | 09:00 | 00:45 | 00:45 |
| 102 | M | 200 Fr | Heats | 96 | 10 | 09:45 | 00:27 | 01:12 |
| 103 | L | 100 Ba | Heats | 91 | 10 | 10:12 | 00:23 | 01:35 |
| 104 | M | 100 Br | Heats | 106 | 11 | 10:35 | 00:21 | 01:57 |
| 105 | L | 200 IM | Heats | 89 | 9 | 10:57 | 00:31 | 02:28 |
| Estimated Session Finish Time 11:28am | | | | | | | | |
| Gala 3 - Session 2 Warm up from 12pm Start 1pm | | | | | | | | |
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 201 | M | 400 IM | Heats | 67 | 7 | 01:00 | 00:40 | 00:40 |
| 202 | L | 200 Fl | Heats | 71 | 8 | 01:40 | 00:26 | 01:07 |
| 203 | M | 200 Ba | Heats | 61 | 7 | 02:07 | 00:24 | 01:30 |
| 204 | L | 100 Fr | Heats | 106 | 11 | 02:30 | 00:20 | 01:50 |
| 205 | M | 100 Fl | Heats | 100 | 10 | 02:50 | 00:17 | 02:08 |
| 206 | L | 200 Br | Heats | 62 | 7 | 03:08 | 00:25 | 02:33 |
| Estimated Session Finish Time 03:33pm | | | | | | | | |
| Gala 3 - Session 3 Warm up from 3:45pm Start 4:30pm | | | | | | | | |
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 301 | L | 400 MT | Heats | 11 | 2 | 04:30 | 00:11 | 00:11 |
| 302 | L | 400 MT | Heats | 5 | 1 | 04:41 | 00:06 | 00:17 |
| 303 | M | 400 FT | Heats | 7 | 1 | 04:47 | 00:05 | 00:21 |
| 304 | M | 400 FT | Heats | 7 | 1 | 04:51 | 00:05 | 00:26 |
| 305 (101) | L | 400 Fr | Final | | | 04:56 | 00:05 | 00:31 |
| 306 (101) | L | 400 Fr | Final | | | 05:01 | 00:05 | 00:37 |
| 307 (102) | M | 200 Fr | Final | | | 05:07 | 00:03 | 00:39 |
| 308 (102) | M | 200 Fr | Final | | | 05:09 | 00:03 | 00:42 |
| 309 (102) | M | 200 Fr | Final | | | 05:12 | 00:03 | 00:45 |
| 310 (102) | M | 200 Fr | Final | | | 05:15 | 00:03 | 00:48 |
| 311 (103) | L | 100 Ba | Final | | | 05:18 | 00:02 | 00:50 |
| 312 (103) | L | 100 Ba | Final | | | 05:20 | 00:02 | 00:52 |
| 313 (103) | L | 100 Ba | Final | | | 05:22 | 00:02 | 00:54 |
| 314 (103) | L | 100 Ba | Final | | | 05:24 | 00:02 | 00:57 |
| 315 (104) | M | 100 Br | Final | | | 05:27 | 00:02 | 00:59 |
| 316 (104) | M | 100 Br | Final | | | 05:29 | 00:02 | 01:01 |
| 317 (104) | M | 100 Br | Final | | | 05:31 | 00:02 | 01:03 |
| 318 (104) | M | 100 Br | Final | | | 05:33 | 00:02 | 01:05 |
| 319 (105) | L | 200 IM | Final | | | 05:35 | 00:03 | 01:08 |
| 320 (105) | L | 200 IM | Final | | | 05:38 | 00:03 | 01:12 |
| 321 (105) | L | 200 IM | Final | | | 05:42 | 00:03 | 01:15 |
| 322 (105) | L | 200 IM | Final | | | 05:45 | 00:03 | 01:19 |
| 323 (201) | M | 400 IM | Final | | | 05:49 | 00:06 | 01:24 |
| 324 (201) | M | 400 IM | Final | | | 05:54 | 00:06 | 01:30 |
| 325 (202) | L | 200 Fl | Final | | | 06:00 | 00:03 | 01:33 |
| 326 (202) | L | 200 Fl | Final | | | 06:03 | 00:03 | 01:37 |
| 327 (202) | L | 200 Fl | Final | | | 06:07 | 00:03 | 01:40 |
| 328 (202) | L | 200 Fl | Final | | | 06:10 | 00:03 | 01:44 |
| 329 (203) | M | 200 Ba | Final | | | 06:14 | 00:03 | 01:47 |
| 330 (203) | M | 200 Ba | Final | | | 06:17 | 00:03 | 01:50 |
| 331 (203) | M | 200 Ba | Final | | | 06:20 | 00:03 | 01:53 |
| 332 (203) | M | 200 Ba | Final | | | 06:23 | 00:03 | 01:56 |
| 333 (204) | L | 100 Fr | Final | | | 06:26 | 00:02 | 01:58 |
| 334 (204) | L | 100 Fr | Final | | | 06:28 | 00:02 | 02:00 |
| 335 (204) | L | 100 Fr | Final | | | 06:30 | 00:02 | 02:02 |
| 336 (204) | L | 100 Fr | Final | | | 06:32 | 00:02 | 02:04 |
| 337 (205) | M | 100 Fl | Final | | | 06:34 | 00:02 | 02:06 |
| 338 (205) | M | 100 Fl | Final | | | 06:36 | 00:02 | 02:08 |
| 339 (205) | M | 100 Fl | Final | | | 06:38 | 00:02 | 02:10 |
| 340 (205) | M | 100 Fl | Final | | | 06:40 | 00:02 | 02:12 |
| 341 (206) | L | 200 Br | Final | | | 06:42 | 00:04 | 02:16 |
| 342 (206) | L | 200 Br | Final | | | 06:46 | 00:04 | 02:19 |
| 343 (206) | L | 200 Br | Final | | | 06:49 | 00:04 | 02:23 |
| 344 (206) | L | 200 Br | Final | | | 06:53 | 00:04 | 02:27 |
| Estimated Session Finish Time 06:57pm | | | | | | | | |

| Gala 3 Session - 4 Warm-up from 8am Start 9am | | | | | | | | |
|--|-----|-----------------|-------|-------------|-------|-------|-------|------------|
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 401 | M | 400 Fr | Heats | 77 | 8 | 09:00 | 00:43 | 00:43 |
| 402 | L | 200 Fr | Heats | 97 | 10 | 09:43 | 00:29 | 01:12 |
| 403 | M | 100 Ba | Heats | 92 | 10 | 10:12 | 00:22 | 01:34 |
| 404 | L | 100 Br | Heats | 90 | 9 | 10:34 | 00:19 | 01:53 |
| 405 | M | 200 IM | Heats | 105 | 11 | 10:53 | 00:35 | 02:28 |
| Estimated Session Finish Time 11:28am | | | | | | | | |
| Gala 3 Session - 5 Warm-up from 12pm Start 1pm | | | | | | | | |
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 501 | L | 400 IM | Heats | 57 | 6 | 01:00 | 00:37 | 00:37 |
| 502 | M | 200 FI | Heats | 64 | 7 | 01:37 | 00:22 | 00:59 |
| 503 | L | 200 Ba | Heats | 76 | 8 | 01:59 | 00:28 | 01:27 |
| 504 | M | 100 Fr | Heats | 138 | 14 | 02:27 | 00:23 | 01:50 |
| 505 | L | 100 FI | Heats | 97 | 10 | 02:50 | 00:19 | 02:09 |
| 506 | M | 200 Br | Heats | 70 | 7 | 03:09 | 00:23 | 02:32 |
| Estimated Session Finish Time 03:32pm | | | | | | | | |
| Gala 3 Session - 6 Warm-up from 3:45pm start 4:30pm | | | | | | | | |
| Event | Sex | Stroke/Distance | Type | Competitors | Heats | Start | Total | Cumulative |
| 601 | M | 400 MT | Heats | 8 | 1 | 04:30 | 00:05 | 00:05 |
| 602 | M | 400 MT | Heats | 9 | 1 | 04:35 | 00:05 | 00:10 |
| 603 | L | 400 FT | Heats | 11 | 2 | 04:40 | 00:10 | 00:21 |
| 604 | L | 400 FT | Heats | 5 | 1 | 04:51 | 00:05 | 00:26 |
| 605 (401) | M | 400 Fr | Final | | | 04:56 | 00:05 | 00:31 |
| 606 (401) | M | 400 Fr | Final | | | 05:01 | 00:05 | 00:36 |
| 607 (402) | L | 200 Fr | Final | | | 05:06 | 00:03 | 00:39 |
| 608 (402) | L | 200 Fr | Final | | | 05:09 | 00:03 | 00:42 |
| 609 (402) | L | 200 Fr | Final | | | 05:12 | 00:03 | 00:45 |
| 610 (402) | L | 200 Fr | Final | | | 05:15 | 00:03 | 00:48 |
| 611 (403) | M | 100 Ba | Final | | | 05:18 | 00:02 | 00:50 |
| 612 (403) | M | 100 Ba | Final | | | 05:20 | 00:02 | 00:52 |
| 613 (403) | M | 100 Ba | Final | | | 05:22 | 00:02 | 00:54 |
| 614 (403) | M | 100 Ba | Final | | | 05:24 | 00:02 | 00:56 |
| 615 (404) | L | 100 Br | Final | | | 05:26 | 00:02 | 00:58 |
| 616 (404) | L | 100 Br | Final | | | 05:28 | 00:02 | 01:01 |
| 617 (404) | L | 100 Br | Final | | | 05:31 | 00:02 | 01:03 |
| 618 (404) | L | 100 Br | Final | | | 05:33 | 00:02 | 01:05 |
| 619 (405) | M | 200 IM | Final | | | 05:35 | 00:03 | 01:08 |
| 620 (405) | M | 200 IM | Final | | | 05:38 | 00:03 | 01:12 |
| 621 (405) | M | 200 IM | Final | | | 05:42 | 00:03 | 01:15 |
| 622 (405) | M | 200 IM | Final | | | 05:45 | 00:03 | 01:18 |
| 623 (501) | L | 400 IM | Final | | | 05:48 | 00:06 | 01:24 |
| 624 (501) | L | 400 IM | Final | | | 05:54 | 00:06 | 01:30 |
| 625 (502) | M | 200 FI | Final | | | 06:00 | 00:03 | 01:33 |
| 626 (502) | M | 200 FI | Final | | | 06:03 | 00:03 | 01:36 |
| 627 (502) | M | 200 FI | Final | | | 06:06 | 00:03 | 01:40 |
| 628 (502) | M | 200 FI | Final | | | 06:10 | 00:03 | 01:43 |
| 629 (503) | L | 200 Ba | Final | | | 06:13 | 00:03 | 01:46 |
| 630 (503) | L | 200 Ba | Final | | | 06:16 | 00:03 | 01:50 |
| 631 (503) | L | 200 Ba | Final | | | 06:20 | 00:03 | 01:53 |
| 632 (503) | L | 200 Ba | Final | | | 06:23 | 00:03 | 01:56 |
| 633 (504) | M | 100 Fr | Final | | | 06:26 | 00:02 | 01:58 |
| 634 (504) | M | 100 Fr | Final | | | 06:28 | 00:02 | 02:00 |
| 635 (504) | M | 100 Fr | Final | | | 06:30 | 00:02 | 02:02 |
| 636 (504) | M | 100 Fr | Final | | | 06:32 | 00:02 | 02:04 |
| 637 (505) | L | 100 FI | Final | | | 06:34 | 00:02 | 02:06 |
| 638 (505) | L | 100 FI | Final | | | 06:36 | 00:02 | 02:08 |
| 639 (505) | L | 100 FI | Final | | | 06:38 | 00:02 | 02:10 |
| 640 (505) | L | 100 FI | Final | | | 06:40 | 00:02 | 02:12 |
| 641 (506) | M | 200 Br | Final | | | 06:42 | 00:03 | 02:15 |
| 642 (506) | M | 200 Br | Final | | | 06:45 | 00:03 | 02:19 |
| 643 (506) | M | 200 Br | Final | | | 06:49 | 00:03 | 02:22 |
| 644 (506) | M | 200 Br | Final | | | 06:52 | 00:03 | 02:26 |
| Estimated Session Finish Time 06:56pm | | | | | | | | |