**Level X Round 4**

**Running Order**

**Session One – Friday PM – MINI & DEVELOPMENT SQUADS**

**ACTIVITY TIME**

Latest athlete arrival 5.55pm

Covid-athlete walk through 5.56pm

Athlete change & pre-pool 5.56-6.00pm

MINI SQUAD Athlete pool warm up 6.00-6.20pm

DEVELOPMENT SQUAD Athlete pool warm up 6.20-6.40pm

**WARM UP LANE DISPERSAL**

 MINI DEVELOPMENT

Lane 4 Mini 2 DEV 1

Lane 5 Mini 2 DEV 2

Lane 6 Mini 1 DEV 2

Diving Pit DEV 1

**RACING ORDER**

Mini Squad 25m Butterfly 6.55pm

Development Squad 50m Butterfly

Mini & Development Squad 50m Backstroke

Mini Squad 25m Breaststroke

------ 10 mins break ------

Development Squad 50m Breaststroke

Mini & Development Squad 50m Freestyle

Development Squad 100m IM

Swimmers may leave after they have finished their last race, however, they must check in with the Squad Coach or Covid Officer for permission to leave.

**Session Two – Saturday AM - 800m FR & 400m IM (10yrs+)**

**ACTIVITY TIME**

Latest athlete arrival – PERF, AGP, COMP+ 5.30am

Latest athlete arrival – JP 5.45am

Athlete pre-pool warm up FIELD 5.30-5.55am

 JP 5.45-5.55am

Coach-Covid Officer briefing with BN FIELD 5.50-5.55am

Covid-athlete walk through to pool 5.55am

Athlete change & pre-pool 5.55-6.00am

Athlete pool warm up 6.00-6.15am

**WARM UP LANE DISPERSAL**

Lane 1 Junior Performance

Lane 2 Comp+

Lane 3 AGP

Lane 4 AGP

Lane 5 PERF

Lane 6 PERF

Racing starts 6.20am

**RACING ORDER**

800m FR

400m IM

When swimmers have done all members are free to leave.

**Session Three – Sunday AM - Performance, AGP & Comp+**

**ACTIVITY TIME**

Latest athlete arrival 7.40am

Athlete pre-pool warm up CAR PARK 7.40-7.55am

Coach-Covid Officer briefing CAR PARK 7.50-7.55am

Covid-athlete walk through to pool 7.55am

Athlete change & pre-pool 7.55-8.00am

Athlete pool warm up 8.00-8.40am

**WARM UP LANE DISPERSAL**

**8.00-8.18am - AGP**

Lane 1-4 AGP

**8.19-8.40am - Performance and Competitive Plus**

Lane 1 Performance

Lane 2 Performance

Lane 3 Comp+

Lane 4 Comp+

Racing starts 8.45am

**RACING ORDER**

200m Butterfly

50m Backstroke

200m Breaststroke

50m Freestyle

200m Individual Medley

Squad members can leave after they have finished their last race, however, they must ask permission from a covid officer before leaving.

**Session Four – Sunday AM - Junior Performance, Competitive & Masters Squads**

**ACTIVITY TIME**

Latest athlete arrival 10.40am

Athlete pre-pool warm up CAR PARK 10.40-10.55am

Coach-Covid Officer briefing CAR PARK 10.50-10.55am

Covid-athlete walk through to pool 10.55am

Athlete change & pre-pool 10.55-11.00am

Athlete pool warm up 11.00-10.20am

**WARM UP LANE DISPERSAL**

**11.00-11.20am – Junior Performance**

Lane 1-4 Junior Performance

**11.21-11.40am – Competitive & Masters**

Lane 1 Competitive

Lane 2 Competitive

Lane 3 Competitive

Lane 4 Masters

Racing starts 11.45am

**RACING ORDER**

100m Butterfly

50m Backstroke

200m Breaststroke

50m Freestyle

200m Individual Medley

Squad members can leave after they have finished their last race, however, they must ask permission from a covid officer before leaving.