

Guildford City SC Springboard Long Course Meet March 2017

Licence Number 1SE170124

Race Schedule - updated 23/12/2016



Warm up :-

Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.

**Age of swimmers will be as of
31 December 2017**

| Friday 24th March 2017 | | | |
|---|-------|-----------------|-----|
| Warm up 7.00 PM for 7.30 PM Start (TBC) | | | |
| Registration Close 6.45 PM (TBC) | | | |
| Event 101 | Girls | 800m Freestyle | HDW |
| 10 Minute Break for Swim Down | | | |
| Event 102 | Boys | 1500m Freestyle | HDW |

Estimated finish 9 PM

| SESSION 2 Saturday 25th March 2017 | | | |
|------------------------------------|-------|---------------------------------|-----|
| Warm up 7.30AM for 8.30 AM Start | | | |
| Registration Close 7.45 AM | | | |
| Event 201 | Boys | 200m Butterfly | |
| Event 202 | Girls | 200m Freestyle | |
| Event 203 | Boys | 100m Backstroke | |
| Event 204 | Girls | 200m Backstroke | |
| Event 205 | Boys | 200m IM | |
| Event 206 | Girls | 50m Butterfly | HDW |
| Event 207 | Boys | 50m Breaststroke | HDW |
| Event 208 | Girls | 400m IM | HDW |
| 20 Minute Break | | | |
| Event 209 | Boys | 10-14 200m Butterfly Final | |
| Event 210 | Boys | 15 & Over 200m Butterfly Final | |
| Event 211 | Girls | 10-14 200m Freestyle Final | |
| Event 212 | Girls | 15 & Over 200m Freestyle Final | |
| Event 213 | Boys | 10-14 200m IM Final | |
| Event 214 | Boys | 15 & Over 200m IM Final | |
| Event 215 | Girls | 10-14 200m Backstroke Final | |
| Event 216 | Girls | 15 & Over 200m Backstroke Final | |
| Event 217 | Boys | 10-14 100m Backstroke Final | |
| Event 218 | Boys | 15 & Over 100m Backstroke Final | |

Lunch

| SESSION 3 Saturday 25th March 2017 | | | |
|------------------------------------|-------|-----------------------------------|-----|
| Warm up TBC for TBC Start | | | |
| Registration Close TBC PM | | | |
| Event 301 | Girls | 100m Freestyle | |
| Event 302 | Boys | 200m Breaststroke | |
| Event 303 | Girls | 100m Breaststroke | |
| Event 304 | Boys | 100m Butterfly | |
| Event 305 | Girls | 50m Backstroke | HDW |
| Event 306 | Boys | 50m Freestyle | |
| Event 307 | Girls | 400m Freestyle | HDW |
| 20 Minute Break | | | |
| Event 308 | Boys | 10-14 100m Butterfly Final | |
| Event 309 | Boys | 15 & Over 100m Butterfly Final | |
| Event 310 | Girls | 10-14 100m Breaststroke Final | |
| Event 311 | Girls | 15 & Over 100m Breaststroke Final | |
| Event 312 | Boys | 10-14 200m Breaststroke Final | |
| Event 313 | Boys | 15 & Over 200m Breaststroke Final | |
| Event 314 | Girls | 10-14 100m Freestyle Final | |
| Event 315 | Girls | 15 & Over 100m Freestyle Final | |
| Event 316 | Boys | 10-14 50m Freestyle Final | |
| Event 317 | Boys | 15 & Over 50m Freestyle Final | |

Estimated finish TBC

| SESSION 4 Sunday 26th March 2017 | | | |
|----------------------------------|-------|---------------------------------|-----|
| Warm up 7.30AM for 8.30 AM Start | | | |
| Registration Close 7.45 AM | | | |
| Event 401 | Girls | 200m Butterfly | |
| Event 402 | Boys | 200m Freestyle | |
| Event 403 | Girls | 100m Backstroke | |
| Event 404 | Boys | 200m Backstroke | |
| Event 405 | Girls | 200m IM | |
| Event 406 | Boys | 50m Butterfly | HDW |
| Event 407 | Girls | 50m Breaststroke | HDW |
| Event 408 | Boys | 400m IM | HDW |
| 20 Minute Break | | | |
| Event 409 | Girls | 10-14 200m Butterfly Final | |
| Event 410 | Girls | 15 & Over 200m Butterfly Final | |
| Event 411 | Boys | 10-14 200m Freestyle Final | |
| Event 412 | Boys | 15 & Over 200m Freestyle Final | |
| Event 413 | Girls | 10-14 200m IM Final | |
| Event 414 | Girls | 15 & Over 200m IM Final | |
| Event 415 | Boys | 10-14 200m Backstroke Final | |
| Event 416 | Boys | 15 & Over 200m Backstroke Final | |
| Event 417 | Girls | 10-14 100m Backstroke Final | |
| Event 418 | Girls | 15 & Over 100m Backstroke Final | |

Lunch

| SESSION 5 Sunday 26th March 2017 | | | |
|----------------------------------|-------|-----------------------------------|-----|
| Warm up TBC for TBC Start | | | |
| Registration Close TBC PM | | | |
| Event 501 | Boys | 100m Freestyle | |
| Event 502 | Girls | 200m Breaststroke | |
| Event 503 | Boys | 100m Breaststroke | |
| Event 504 | Girls | 100m Butterfly | |
| Event 505 | Boys | 50m Backstroke | HDW |
| Event 506 | Girls | 50m Freestyle | |
| Event 507 | Boys | 400m Freestyle | HDW |
| 20 Minute Break | | | |
| Event 508 | Girls | 10-14 100m Butterfly Final | |
| Event 509 | Girls | 15 & Over 100m Butterfly Final | |
| Event 510 | Boys | 10-14 100m Breaststroke Final | |
| Event 511 | Boys | 15 & Over 100m Breaststroke Final | |
| Event 512 | Girls | 10-14 200m Breaststroke Final | |
| Event 513 | Girls | 15 & Over 200m Breaststroke Final | |
| Event 514 | Boys | 10-14 100m Freestyle Final | |
| Event 515 | Boys | 15 & Over 100m Freestyle Final | |
| Event 516 | Girls | 10-14 50m Freestyle Final | |
| Event 517 | Girls | 15 & Over 50m Freestyle Final | |

Estimated finish TBC