**PNSC End of Season Meet 2022 - Long Course Level 3 Meet**

 **Saturday 16th July and Sunday 17 July 2022**

**Program of Events/ Detailed Timetable – v5**

**Please read as start times have changed and 400m events are no longer on the programme**

**200 IM Girls and 200 Breast Boys events moved from Saturday to Sunday**

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|  | **Events Timings/ Pool Hire timings** | **Session** | **Events**  | **Est. start** | **Est. finish** |
| **Saturday AM**  | Set up 12:00**Entry 12:50****Warmup girls: 13:00 -08:25****Warm up boys 13:25- 13:50**Officials Brief: 13:20Start 14:00 | **Session 1** | Event 1 – Girls 200 FreeEvent 2 – Boys 50 FlyEvent 3 – Girls 50 BackEvent 5 – Girls 100 BreastEvent 6 – Boys 100 Fly**30 Minute Break**  | 14:00 | 16:00 |
| **Saturday PM** | Entry: 15:50Warm up: please use learner poolOfficials Brief: ASAP, during breakStart: 16:30 | **Session 2**  | Event 9 – Girls 200 FlyEvent 10 – Boys 50 BreastEvent 11 – Girls 50 FreeEvent 12 – Boys 200 BackEvent 13 – Girls 100 BackEvent 14 – Boys 100 Free | 16:30 | 18:45 |

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|  | **Events Timings/ Pool Hire timings** | **Session** | **Events**  | **Est. start** | **Est. finish** |
| **Sunday AM**  | Set up 07:00**Entry 07:40****Warmup girls:****08:00****-08:25****Warm up boys 08:25- 08:50**Officials Brief: 08:30Start 09:00 | **Session 3** | Event 16 – Boys 200 FreeEvent 17 – Girls 50 FlyEvent 18 – Boys 50 BackEvent 19 – Girls 200 Breast**15 MINUTE BREAK** Event 20 – Boys 100 BreastEvent 21 – Girls 100 FlyEvent 4 – Boys 200 BreastEvent 15 – Girls 200 IM | 09:00 | 12:30 |
| **LUNCH BREAK****Warm up start: Boys 13:15 – 13:40 and Boys 13:40 – 14:05** | **13:15** | **14:20** |
| **Sunday PM** | **Entry 13:00**Officials Brief: 13:55Start: 14:20 | **Session 4 A** | Event 24 – Boys 200 FlyEvent 25 – Girls 50 BreastEvent 26 – Boys 50 FreeEvent 27 – Girls 200 Back**15 MINUTE BREAK**Event 28 – Boys 100 BackEvent 29 – Girls 100 FreeEvent 20 – Boys 200 IM | 14:20 | 17:15 |