**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: 13:20  Start 14:00 | **Session 1** | Event 1 – Girls 200 Free  Event 2 – Boys 50 Fly  Event 3 – Girls 50 Back  Event 5 – Girls 100 Breast  Event 6 – Boys 100 Fly  **30 Minute Break** | 14:00 | 16:00 |
| **Saturday PM** | Entry: 15:50  Warm up: please use learner pool  Officials Brief: ASAP, during break  Start: 16:30 | **Session 2** | Event 9 – Girls 200 Fly  Event 10 – Boys 50 Breast  Event 11 – Girls 50 Free  Event 12 – Boys 200 Back  Event 13 – Girls 100 Back  Event 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**](x-apple-data-detectors://9)**-08:25**  **Warm up boys 08:25- 08:50**  Officials Brief: 08:30  Start 09:00 | **Session 3** | Event 16 – Boys 200 Free  Event 17 – Girls 50 Fly  Event 18 – Boys 50 Back  Event 19 – Girls 200 Breast  **15 MINUTE BREAK**  Event 20 – Boys 100 Breast  Event 21 – Girls 100 Fly  Event 4 – Boys 200 Breast  Event 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: 13:55  Start: 14:20 | **Session 4 A** | Event 24 – Boys 200 Fly  Event 25 – Girls 50 Breast  Event 26 – Boys 50 Free  Event 27 – Girls 200 Back  **15 MINUTE BREAK**  Event 28 – Boys 100 Back  Event 29 – Girls 100 Free  Event 20 – Boys 200 IM | 14:20 | 17:15 |