



PNSC Spring Meet 2022 - Long Course Level 3 Meet- Sunday 15th May 2022

Program of Events/ Detailed Timetable – v3

	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: 08:15 Start 09:00	Session 1	1 Girls 100 free 2 Boys 100 back 3 Girls 50 fly 4 Boys 50 free 5 Girls 100 breast 6 Boys 100 fly 7 Girls 50 back 8 Boys 50 breast	09:00	11:35
	LUNCH BREAK Warm up start at 12:10 and finish at 13:00 – 50 minutes			11:35	13:00
Sunday PM	Entry 11:45 Warm-up girls 12:10-12:35 Warm up boys 12:35- 13:00 Officials Brief: 12:20 Start: 13:10	Session 2	9 Girls 100 back 10 Boys 100 free 11 Girls 50 free 12 Boys 50 fly 13 Girls 100 fly 14 Boys 100 breast 15 Girls 50 breast 16 Boys 50 back	13:10	15:30 – 16:00