

2022 Wycombe Long Course Premier Meet - Session Guide

These event times are provided as a **guide only**. Based on experience from previous years, we normally expect to regain about 20 mins across each session due to withdrawals so some events may start earlier than shown here. The *actual* times for each event will only be known at the start of each session and will be included in the heat sheets provided to coaches and available online to swimmers and spectators.

**** NOTE:** All swimmers **MUST** sign-in before **EACH** session **

** Sign-in closes 10 mins before the warm-up starts to give us time to generate the paperwork. **

** There are later sign-in times for swimmers who are only doing the distance freestyle events in sessions 2 and 5 **

Friday, Session One

Sign-in closes at 5:50 PM

Warm-up at 6:00 PM

Starts at 7:00 PM

| Event No. | Event | Starts at |
|-----------|-------------------------------|-----------|
| 101 | Men 10 & Over 400 IM | 07:00 PM |
| 102 | Women 10 & Over 400 IM | 07:41 PM |
| 103 | Men 10 & Over 50 Backstroke | 08:37 PM |
| 104 | Women 10 & Over 50 Backstroke | 08:55 PM |
| | Finish Time | 09:19 PM |

Saturday, Session Two

Sign-in closes at 7:20 AM (9:00 AM for 800m Free ONLY)

Warm-up at 7:30 AM

Starts at 8:30 AM

| Event No. | Event | Starts at |
|-----------|----------------------------------|-----------|
| 201 | Women 10 & Over 200 Backstroke | 08:30 AM |
| 202 | Men 10 & Over 100 Freestyle | 09:16 AM |
| 203 | Women 10 & Over 200 Breaststroke | 09:40 AM |
| 204 | Men 10 & Over 50 Butterfly | 10:16 AM |
| 205 | Mixed 10 & Over 800 Freestyle | 10:31 AM |
| | Finish Time | 11:42 AM |

Saturday, Session Three

Sign-in closes at 11:50 AM

Warm-up at 12:00 PM

Starts at 1:00 PM

| Event No. | Event | Starts at |
|-----------|---------------------------------|-----------|
| 301 | Women 10 & Over 50 Breaststroke | 01:00 PM |
| 302 | Men 10 & Over 200 Butterfly | 01:19 PM |
| 303 | Women 10 & Over 400 Freestyle | 01:35 PM |
| 304 | Men 10 & Over 100 Breaststroke | 02:35 PM |
| 305 | Women 10 & Over 200 IM | 02:55 PM |
| | Finish Time | 03:58 PM |

Saturday, Session Four

Sign-in closes at 3:50 PM

Warm-up at 4:00 PM

Starts at 5:00 PM

| Event No. | Event | Starts at |
|-----------|-------------------------------|-----------|
| 401 | Women 10 & Over 50 Freestyle | 05:00 PM |
| 402 | Men 10 & Over 100 Butterfly | 05:31 PM |
| 403 | Women 10 & Over 200 Freestyle | 05:50 PM |
| 404 | Men 10 & Over 100 Backstroke | 06:51 PM |
| | Finish Time | 07:14 PM |

Sunday, Session Five

Sign-in closes at 7:20 AM (9:00 AM for 1,500m Free ONLY)

Warm-up at 7:30 AM

Starts at 8:30 AM

| Event No. | Event | Starts at |
|------------------|--------------------------------|------------------|
| 501 | Men 10 & Over 200 Backstroke | 08:30 AM |
| 502 | Women 10 & Over 100 Freestyle | 08:54 AM |
| 503 | Men 10 & Over 200 Breaststroke | 09:26 AM |
| 504 | Women 10 & Over 50 Butterfly | 09:49 AM |
| 505 | Mixed 10 & Over 1500 Freestyle | 10:10 AM |
| | Finish Time | 11:43 AM |

Sunday, Session Six

Sign-in closes at 11:50 AM

Warm-up at 12:00 PM

Starts at 1:00 PM

| Event No. | Event | Starts at |
|------------------|----------------------------------|------------------|
| 601 | Men 10 & Over 50 Breaststroke | 01:00 PM |
| 602 | Women 10 & Over 200 Butterfly | 01:21 PM |
| 603 | Men 10 & Over 400 Freestyle | 01:46 PM |
| 604 | Women 10 & Over 100 Breaststroke | 02:38 PM |
| 605 | Men 10 & Over 200 IM | 03:11 PM |
| | Finish Time | 04:00 PM |

Sunday, Session Seven

Sign-in closes at 3:50 PM

Warm-up at 4:00 PM

Starts at 5:00 PM

| Event No. | Event | Starts at |
|------------------|--------------------------------|------------------|
| 701 | Men 10 & Over 50 Freestyle | 05:00 PM |
| 702 | Women 10 & Over 100 Butterfly | 05:22 PM |
| 703 | Men 10 & Over 200 Freestyle | 05:47 PM |
| 704 | Women 10 & Over 100 Backstroke | 06:31 PM |
| | Finish Time | 07:13 PM |