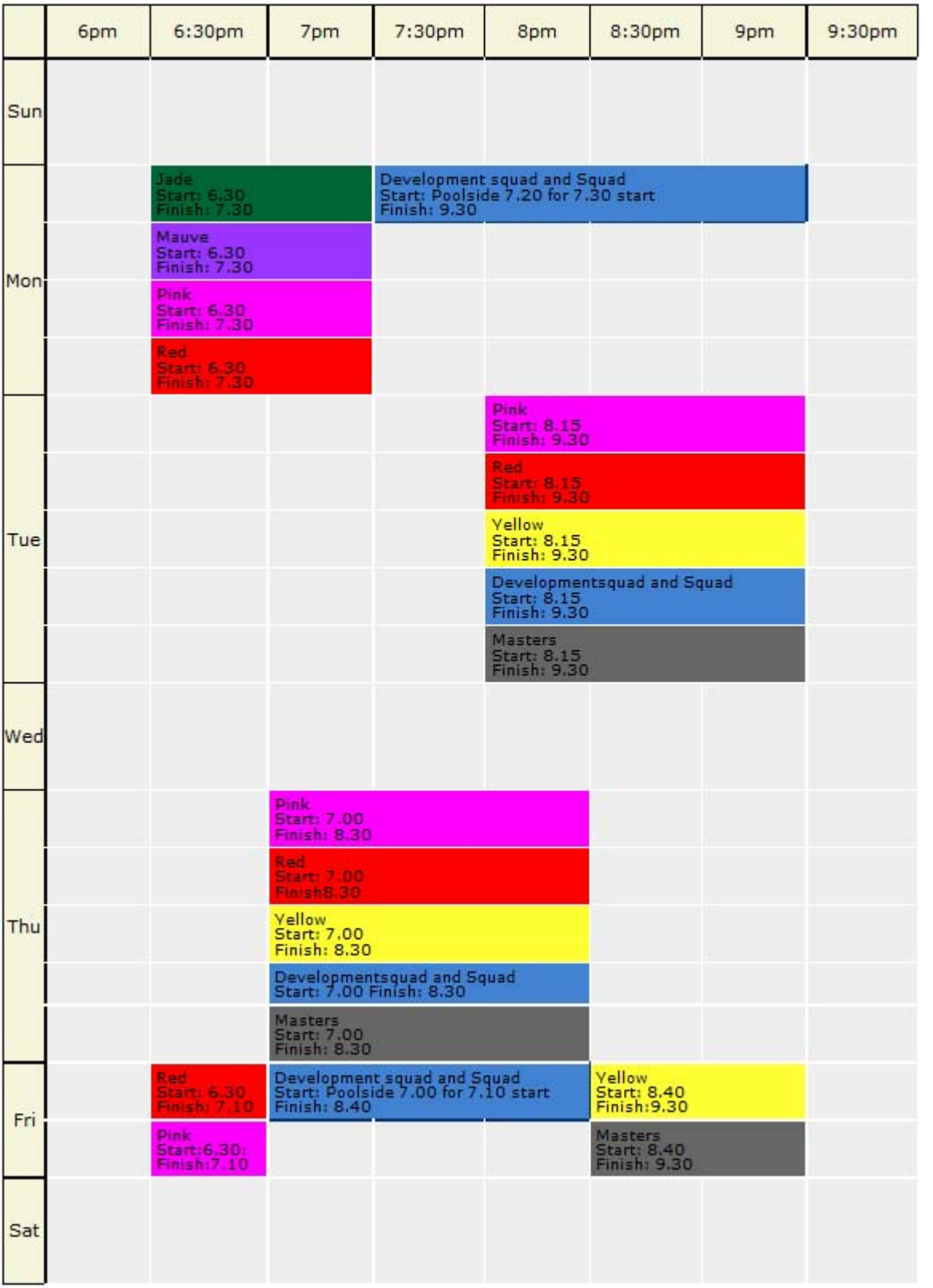Time table for swimmers swimming in the Main Pool