

COB Winter Meet 2022

Programme of Events with estimated start times

No	Event	Estimate start
Session 1 - Warm up 8.00		
101	400 Free - Girls	9.20
102	200IM - Boys	9.54
103	50 Breast - Girls	10.17
104	50 Free - Boys	10.27
Break @ 10.39- 20 minutes		
105	200 Back - Girls	10.59
106	100 Back - Boys	11.21
107	100 Fly - Girls	11.30
108	200 Fly - Boys	11.40
Finish @ 11.59		
Session 2 - warm up 12.10		
201	400IM - Boys	13.30
202	100 Free - Girls	13.48
203	50 Fly - Boys	14.09
204	50 Back - Girls	14.19
Break @14.32 - 20 minutes		
205	200 Free - Boys	14.52
206	200 Breast - Girls	15.12
207	100 Breast - Boys	15.35
208	100IM - Girls	15.47
Finish @ 16.04		

No	Event	Estimate start
Session 3 - Warm up 8.00		
301	400 Free - Boys	9.20
302	200IM - Girls	9.48
303	50 Breast - Boys	10.15
304	50 Free - Girls	10.23
Break @ 10.36 - 20 minutes		
305	200 Back - Boys	10.56
306	100 Back - Girls	11.15
307	100 Fly - Boys	11.28
308	200 Fly - Girls	11.39
Finish @ 11.50		
Session 4 - Warm up 12.00		
401	400IM - Girls	13.20
402	100 Free - Boys	13.40
403	50 Fly - Girls	14.08
404	50 Back - Boys	
Break @ 14.20 - 20minutes		
405	200 Free - Girls	14.40
406	200 Breast - Boys	15.04
407	100 Breast - Girls	15.23
408	100IM - Boys	15.37
Finish @ 15.51		

The above programme is provisional and may run early or late.

Warm up timetable with estimated start times

No	Swimmers	Start
Session 1 - warm up 08.00		
1	14/u - Girls	8.00
2	15+ - Girls	8.18
3	15/u - Boys	8.36
4	16+ - Boys	8.54
Finish @ 9.12		
Session 2 - warm up 12.10		
1	15/u - Boys	12.10
2	16+ - Boys	12.28
3	14/u - Girls	12.46
4	15+ - Girls	13.06
Finish @ 13.24		

No	Swimmers	Start
Session 3 - warm up 08.00		
1	15/u - Boys	8.00
2	16+ - Boys	8.18
3	14/u - Girls	8.36
4	15+ - Girls	8.54
Finish @ 9.12		
Session 4 - warm up 12.00		
1	14/u - Girls	12.00
2	15+ - Girls	12.18
3	15/u - Boys	12.36
4	16+ - Boys	12.54
Finish @ 13.12		