

## COB Summer Open Meet 2022 (3WM220190) Programme of Events with estimated start times

No	Event	Estimate start
<b>Session 1 - Warm up 8.00</b>		
101	200IM - Boys	9.05
102	50 Breast - Girls	9.39
103	50 Free - Boys	10.00
104	200 Back - Girls	10.23
<b>Break @ 10.50 - 25 minutes</b>		
105	100 Back - Boys	11.15
106	100 Fly - Girls	11.43
107	200 Fly - Boys	11.56
<b>Finish @ 12.07</b>		
<b>Session 2 - Warm up 12.10</b>		
201	100 Free - Girls	13.15
202	50 Fly - Boys	13.52
203	50 Back - Girls	14.08
204	200 Free - Boys	14.42
<b>Break @ 15.21 - 25 minutes</b>		
205	200 Breast - Girls	15.46
206	100 Breast - Boys	16.12
207	100 IM - Girls	16.37
<b>Finish @ 17.11</b>		

No	Event	Estimate start
<b>Session 3 - Warm up 8.00</b>		
301	200 IM - Girls	9.05
302	50 Breast - Boys	9.41
303	50 Free - Girls	10.00
304	200 Back - Boys	10.24
<b>Break @ 10.50 - 25 minutes</b>		
305	100 Back - Girls	11.15
306	100 Fly - Boys	11.46
307	200 Fly - Girls	11.58
<b>Finish @ 12.10</b>		
<b>Session 4 - Warm up 12.10</b>		
401	100 Free - Boys	13.15
402	50 Fly - Girls	13.45
403	50 Back - Boys	14.03
404	200 Free - Girls	14.25
<b>Break @ 15.04 - 25 minutes</b>		
405	200 Breast - Boys	15.29
406	100 Breast - Girls	15.51
407	100IM - Boys	16.15
<b>Finish @ 16.42</b>		

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

### Warm up timetable with estimated start times

No	Swimmers	Start
<b>Session 1 - warm up 08.00</b>		
1	10 & 11 Boys	8.00
2	12 & 13 Boys	8.10
3	14 & 15 Boys	8.20
4	10 & 11 Girls	8.30
5	12 & 13 Girls	8.40
6	14 & 15 Girls	8.50
<b>Finish @ 9.00</b>		
<b>Session 2 - warm up 12.10</b>		
1	10 & 11 Girls	12.10
2	12 & 13 Girls	12.20
3	14 & 15 Girls	12.30
4	10 & 11 Boys	12.40
5	12 & 13 Boys	12.50
6	14 & 15 Boys	13.00
<b>Finish @ 13.10</b>		

No	Swimmers	Start
<b>Session 3 - warm up 08.00</b>		
1	10 & 11 Girls	8.00
2	12 & 13 Girls	8.10
3	14 & 15 Girls	8.20
4	10 & 11 Boys	8.30
5	12 & 13 Boys	8.40
6	14 & 15 Boys	8.50
<b>Finish @ 9.00</b>		
<b>Session 4 - warm up 12.10</b>		
1	10 & 11 Boys	12.10
2	12 & 13 Boys	12.20
3	14 & 15 Boys	12.30
4	10 & 11 Girls	12.40
5	12 & 13 Girls	12.50
6	14 & 15 Girls	13.00
<b>Finish @ 13.10</b>		

