

COB Summer Open Meet 2023

Programme of Events with estimated start times

No	Event	Estimate start
Session 1 - Warm up 8.00		
101	200IM - Boys	9.05
102	50 Breast - Girls	9.31
103	50 Free - Boys	9.46
104	200 Back - Girls	10.02
105	100 Back - Boys	10.23
106	100 Fly - Girls	10.45
107	200 Fly - Boys	11.01
Finish @ 11.14		
Session 2 - Warm up		
201	100 Free - Girls	12.45
202	50 Fly - Boys	1.07
203	50 Back - Girls	1.19
204	200 Free - Boys	1.38
205	200 Breast - Girls	1.55
206	100 Breast - Boys	2.07
207	100 IM - Girls	2.22
Finish @ 2.44pm		

No	Event	Estimate start
Session 3 - Warm up 8.00		
301	200 IM - Girls	9.05
302	50 Breast - Boys	9.28
303	50 Free - Girls	9.44
304	200 Back - Boys	10.03
305	100 Back - Girls	10.24
306	100 Fly - Boys	10.47
307	200 Fly - Girls	10.59
Finish @ 11.14		
Session 4 - Warm up		
401	100 Free - Boys	12.45
402	50 Fly - Girls	1.09
403	50 Back - Boys	1.24
404	200 Free - Girls	1.38
405	200 Breast - Boys	2.06
406	100 Breast - Girls	2.32
407	100IM - Boys	2.52
Finish @ 3.14pm		

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 & under Boys	8.00
2	15+ Girls and Boys	8.20
3	14 & under Girls	8.40
Finish @ 9.00		
Session 2 - warm up		
1	14 & under Girls	11.30
2	15+ Girls and Boys	11.50
3	14 & under Boys	12.10
Finish @ 12.30		

No	Swimmers	Start
Session 3 - warm up 08.00		
1	14 & under Girls	8.00
2	15+ Girls and Boys	8.20
3	14 & under Boys	8.40
Finish @ 9.00		
Session 4 - warm up		
1	14 & under Boys	11.30
2	15+ Girls and Boys	11.50
3	14 & under Girls	12.10
Finish @ 12.30		

