

Autumn L2 Meet 15th & 16th November 2025

Under Swim England Regulations & Technical Rules

Note:- Sessions will **START** at the times indicated. Subsequent event start times are **ESTIMATES**.

Session - ONE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	200 IM	Heats	83	11	09:00	00:37	00:37
102	B	50 Fl	Heats	69	9	09:37	00:09	00:46
103	Y	1500 Fr	Heats	24	3	09:46	01:00	01:46
104	B	200 Ba	Heats	37	5	10:46	00:19	02:05
105	G	100 Br	Heats	72	9	11:05	00:18	02:23
Estimated Session Finish Time 11:23 Allowing for withdrawals LUNCH BREAK 11:20 – 11:50								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 11:50 – 12:30 ; 12:30 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	43	6	12:30	00:34	00:34
202	G	100 Fl	Heats	64	8	13:04	00:14	00:48
203	B	200 Br	Heats	46	6	13:18	00:22	01:10
204	G	50 Fr	Heats	174	22	13:40	00:23	01:32
205	B	100 Ba	Heats	60	8	14:02	00:18	01:51
206	G	100 IM	Heats	42	6	14:21	00:11	02:02
Estimated Session Finish Time 14:32 BREAK 14:30 - 14:50								
Session - THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 14:50 – 15:30 ; 15:30 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	B	200 Fr	Heats	91	12	03:30	00:35	00:35
302	G	400 IM	Heats	25	4	04:05	00:26	01:01
303	B	50 Ba	Heats	82	11	04:31	00:18	01:19
304	G	50 Br	Heats	89	12	04:49	00:14	01:33
305	B	200 Fl	Heats	16	2	05:03	00:06	01:39
306	G	100 Fr	Heats	132	17	05:09	00:28	02:07
Estimated Session Finish Time 17:37 followed by 30 MINUTE SWIM DOWN TIME								

Meet Timings as reported at 18:54 25/10/2025

Autumn L2 Meet 15th & 16th November 2025

Under Swim England Regulations & Technical Rules

Note:- Sessions will **START** at the times indicated. Subsequent event start times are **ESTIMATES**.

Session - FOUR								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	200 IM	Heats	86	11	09:00	00:36	00:36
402	G	50 Fl	Heats	92	12	09:36	00:13	00:49
403	Y	800 Fr	Heats	48	6	09:49	01:05	01:54
404	G	200 Ba	Heats	67	9	10:54	00:34	02:28
405	B	100 Br	Heats	74	10	11:28	00:19	02:48
Estimated Session Finish Time 11:48 Allowing for withdrawals LUNCH BREAK 11:40 – 12:10								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 12:10 – 12:50 ; 12:50 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	63	8	12:50	00:46	00:46
502	B	100 Fl	Heats	51	7	13:36	00:12	00:58
503	G	200 Br	Heats	45	6	13:48	00:22	01:20
504	B	50 Fr	Heats	152	19	14:10	00:19	01:39
505	G	100 Ba	Heats	93	12	14:29	00:28	02:07
506	B	100 IM	Heats	55	7	14:57	00:13	02:20
Estimated Session Finish Time 15:10 BREAK 15:05 – 15:25								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 15:25 – 16:05 ; 16:05 START ESTIMATED								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	G	200 Fr	Heats	112	14	04:05	00:42	00:42
602	B	400 IM	Heats	12	2	04:47	00:13	00:55
603	G	50 Ba	Heats	92	12	05:00	00:19	01:14
604	B	50 Br	Heats	88	11	05:19	00:12	01:26
605	G	200 Fl	Heats	16	2	05:31	00:07	01:33
606	B	100 Fr	Heats	109	14	05:38	00:22	01:55
Estimated Session Finish Time 18:00 followed by 30 MINUTE SWIM DOWN TIME								

Meet Timings as reported at 18:54 25/10/2025