## Autumn L2 Meet 15<sup>th</sup> & 16th November 2025

**Under Swim England Regulations & Technical Rules** 

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

				Se	ssion - ONE					
		Tim	ne Between Heats	30 Seconds	& Between B	ackstro	oke He	ats 60 Seco	nds	
			<b>WARMUP 7:45</b>	AM – 8:45	AM; POOL PR	EP 8:4	5 AM -	8:59 AM		
Event	Sex	9	Stroke/Distance	Туре	Competit	ors	Heats Est.Start Total Cumu			
101	G		200 IM	Heats	83		11	09:00	00:37	00:37
102	В		50 Fl	Heats	69		9	09:37	00:09	00:46
103	Υ		1500 Fr	Heats	24		3	09:46	01:00	01:46
104	В		200 Ba	Heats	37		5	10:46	00:19	02:05
105	G		100 Br	Heats	72		9	11:05	00:18	02:23
	Estima	ated S	ession Finish Time	11:23 Allo	wing for with	drawal	s <b>LUNC</b>	H BREAK 1	1:20 – 1	1:50
				Se	ssion - TWO					
		Tim	ne Between Heats	30 Seconds	& Between B	ackstr	oke He	ats 60 Seco	onds	
WARMUP 11:50 – 12:30 ; 12:30 START ESTIMATED										
Event	Sex		Stroke/Distance	Туре	Competito	rs H	eats	Est.Start	Total	Cumulative
201	В		400 Fr	Heats	43		6	12:30	00:34	00:34
202	G		100 FI	Heats	64		8	13:04	00:14	00:48
203	В		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	В		100 Ba	Heats	60		8	14:02	00:18	01:51
206	G		100 IM	Heats	42		6	14:21	00:11	02:02
		<u> </u>	Estimated Se	ssion Finish	n Time 14:32	BREAK	14:30	- 14:50		
				Ses	sion - THREE					
		Tim	ne Between Heats	30 Seconds	s & Between B	ackstr	oke He	ats 60 Seco	nds	
			WARMUP	14:50 – 15	5:30 ; 15:30 S	TART E	STIMA	ΓED		
Event	Se	ex	Stroke/Distance	Туре	Competitors	Hea	its	Est.Start	Total	Cumulative
301		3	200 Fr	Heats	91	12	2	03:30	00:35	00:35
302	(	ĵ	400 IM	Heats	25	4		04:05	00:26	01:01
303	E	3	50 Ba	Heats	82	11	L	04:31	00:18	01:19
304	(	<u> </u>	50 Br	Heats	89	12	2	04:49	00:14	01:33
305	E	3	200 FI	Heats	16	2		05:03	00:06	01:39
306	(	<u> </u>	100 Fr	Heats	132	17	7	05:09	00:28	02:07

Estimated Session Finish Time 17:37 followed by 30 MINUTE SWIM DOWN TIME

## Autumn L2 Meet 15<sup>th</sup> & 16th November 2025

**Under Swim England Regulations & Technical Rules** 

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

Heats   Heat				SIONS WIN START OF E							
Event   Sex   Stroke/Distance   Type   Competitors   Heats   Est.Start   Total   Cumulative	Session - FOUR										
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 FI         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         Cumulati           501         G         400	Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds										
Heats   Heat	WARMUP 7:45 AM – 8:45 AM; POOL PREP 8:45 AM - 8:59 AM										
402         G         50 FI         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         Cumulati           501         G         400 Fr         Heats         63         8         12:50         00:46         00:46           502         B         100 Fl         Heats         45         6         13:48         00:22         01:20           504         B         50 Fr         Heats	Event	Sex	S	Stroke/Distance	Туре	Competit	ors	Heats	Est.Start	Total	Cumulative
403   Y	401	В		200 IM	Heats	86		11	09:00	00:36	00:36
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   Cumulati   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   Cumulati   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	402	G		50 Fl	Heats	92		12	09:36	00:13	00:49
## B	403	Υ		800 Fr	Heats	48		6	09:49	01:05	01:54
Session   Finish Time   11:48 Allowing for withdrawals   LUNCH BREAK   11:40 - 12:10	404	G		200 Ba	Heats	67		9	10:54	00:34	02:28
Session - FIVE	405	В		100 Br	Heats	74		10	11:28	00:19	02:48
Sex   Stroke/Distance   Time Between Heats 30 Seconds   Seconds	Estimated Session Finish Time 11:48 Allowing for withdrawals LUNCH BREAK 11:40 – 12:10										
Event         Sex         Stroke/Distance         Type         Competitors         Heats         Est.Start         Total         Cumulati           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	Session - FIVE										
Event         Sex         Stroke/Distance         Type         Competitors         Heats         Est.Start         Total         Cumulati           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	Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds										
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         Cumulation           601         G         200 Fr         Heats         12         2	WARMUP 12:10 – 12:50 ; 12:50 START ESTIMATED										
502         B         100 FI         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         Cumulation           601         G         200 Fr         Heats         112         14         04:05         00:42         00:42           602         B         400 IM         Heats         92	Event	Sex	x	Stroke/Distance	Туре	Competito	rs l	leats	Est.Start	Total	Cumulative
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         Cumulation           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 <td>501</td> <td>G</td> <td></td> <td>400 Fr</td> <td>Heats</td> <td>63</td> <td></td> <td>8</td> <td>12:50</td> <td>00:46</td> <td>00:46</td>	501	G		400 Fr	Heats	63		8	12:50	00:46	00:46
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           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         Cumulation           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	502	В		100 FI	Heats	51		7	13:36	00:12	00:58
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         Cumulation           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	503	G		200 Br	Heats	45		6	13:48	00:22	01:20
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         Cumulation           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	504	В		50 Fr	Heats	152		19	14:10	00:19	01:39
Session - SIX   Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds	505	G		100 Ba	Heats	93		12	14:29	00:28	02:07
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         Cumulation           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	506	В		100 IM	Heats	55		7	14:57	00:13	02:20
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         Cumulation           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		•	•	Estimated Se	ssion Finish	n Time 15:10 E	REAK	15:05 -	- 15:25		
WARMUP 15:25 – 16:05 ; 16:05 START ESTIMATED           Event         Sex         Stroke/Distance         Type         Competitors         Heats         Est.Start         Total         Cumulation           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					Sc	ession - SIX					
Event         Sex         Stroke/Distance         Type         Competitors         Heats         Est.Start         Total         Cumulation           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			Tim	ne Between Heats	30 Seconds	& Between B	ackstr	oke He	ats 60 Seco	nds	
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	WARMUP 15:25 – 16:05 ; 16:05 START ESTIMATED										
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	Event	S	Sex	Stroke/Distance	Туре	Competitors	He	ats	Est.Start	Total	Cumulative
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	601		G	200 Fr	Heats	112	1	4	04:05	00:42	00:42
604 B 50 Br Heats 88 11 05:19 00:12 01:26	602		В	400 IM	Heats	12	2	2	04:47	00:13	00:55
	603		G	50 Ba	Heats	92	1	2	05:00	00:19	01:14
605 G 200 Fl Heats 16 2 05:31 00:07 01:33	604		В	50 Br	Heats	88	1	1	05:19	00:12	01:26
	605		G	200 FI	Heats	16	2	2	05:31	00:07	01:33
606 B 100 Fr Heats 109 14 05:38 00:22 01:55	606		В	100 Fr	Heats	109	1	4	05:38	00:22	01:55

Estimated Session Finish Time 18:00 followed by 30 MINUTE SWIM DOWN TIME