

Graham Sykes Level 3 Meet 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 STARTS 7:45 AM ; 8:45 AM POOL PREP; 9:00 AM START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
101	G	200 IM	Heats	136	17	09:00	01:03	01:03
102	B	50 Fl	Heats	102	13	10:03	00:16	01:19
103	G	100 Fr	Heats	206	26	10:19	00:48	02:07
104	B	200 Ba	Heats	48	6	11:07	00:24	02:31
105	G	100 Br	Heats	143	18	11:31	00:41	03:12
Estimated Session Finish Time 12:12								
(APPROX) 12:00 NOON BREAK FOR LUNCH; WARMUP 12:45 – 1:25; START ESTIMATED 1:30 PM								
Session - TWO								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP 12:45 – 13:25; START 13:30								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
201	B	400 Fr	Heats	62	8	01:30	00:50	00:50
202	G	100 Fl	Heats	80	10	02:20	00:20	01:10
203	B	200 Br	Heats	46	6	02:40	00:25	01:35
204	G	50 Fr	Heats	238	30	03:05	00:33	02:08
205	B	100 Ba	Heats	103	13	03:38	00:33	02:41
Estimated Session Finish Time 16:11								
Session – THREE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 16:00 ; START 16:30								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
301	B	200 Fr	Heats	114	15	16:30	00:50	00:50
302	G	400 IM	Heats	32	4	17:20	00:27	01:17
303	B	50 Ba	Heats	110	14	17:47	00:24	01:41
304	G	50 Br	Heats	138	18	18:11	00:24	02:05
305	B	200 Fl	Heats	16	2	18:35	00:08	02:13
Estimated Session Finish Time 18:43								

Meet Timings as reported at 11:08 24/05/2025

Graham Sykes Level 3 Meet 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 STARTS 7:45 AM ; 8:45 AM POOL PREP; 9:00 AM START								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
401	B	200 IM	Heats	97	13	09:00	00:50	00:50
402	G	50 Fl	Heats	128	16	09:50	00:19	01:09
403	B	100 Fr	Heats	157	20	10:09	00:36	01:45
404	G	200 Ba	Heats	70	9	10:45	00:37	02:22
405	B	100 Br	Heats	101	13	11:22	00:31	02:53
Estimated Session Finish Time 11:53								
11:45 BREAK FOR LUNCH (APPROX) 12:15 – 12:50 WARMUP ; START ESTIMATED 1:00 PM								
Session - FIVE								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 12:15; START 13:00								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
501	G	400 Fr	Heats	68	9	13:00	00:57	00:57
502	B	100 Fl	Heats	60	8	13:57	00:16	01:13
503	G	200 Br	Heats	78	10	14:13	00:42	01:55
504	B	50 Fr	Heats	164	21	14:55	00:23	02:18
505	G	100 Ba	Heats	137	18	15:18	00:46	03:04
Estimated Session Finish Time 16:04								
Session - SIX								
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds								
WARMUP STARTS 16:00 (Estimate previous session will finish sooner)								
Event	Sex	Stroke/Distance	Type	Competitors	Heats	Est.Start	Total	Cumulative
601	G	200 Fr	Heats	141	18	16:30	01:01	01:01
602	B	400 IM	Heats	29	4	17:31	00:32	01:33
603	G	50 Ba	Heats	140	18	18:03	00:31	02:04
604	B	50 Br	Heats	87	11	18:34	00:15	02:19
605	G	200 Fl	Heats	16	2	18:49	00:07	02:26
Estimated Session Finish Time 18:56								

Meet Timings as reported at 11:08 24/05/2025