

Sprint Open 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 7:45-8:45 AM POOL PREP 8:45-9:00 AM

Event	Gender	Age	Stroke/Distance	Competitors	Heats	Est.Start	Total	Cumulative	
101	G	50 Br	Heats	204	26	09:00	00:39	00:39	
102	B	50 Br	Heats	129	17	09:39	00:26	01:04	
103	G	50 Fl	Heats	108	14	10:04	00:17	01:21	
104	B	50 Fl	Heats	84	11	10:21	00:13	01:34	
105	G	50 Ba	Heats	195	25	10:34	00:47	02:21	
106	B	50 Ba	Heats	128	16	11:21	00:29	02:50	
107	G	50 Fr	Heats	134	17	11:50	00:18	03:08	
108	B	50 Fr	Heats	102	13	12:08	00:14	03:22	

Estimated Session Finish Time 12:15 Allowing for withdrawals

Session – TWO

Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds

BREAK 12:15 – 12:30 FOR LUNCH; 12:30 – 13:10 WARMUP FOR 13:15 START ESTIMATED

Event	Gender	Age	Stroke/Distance	Competitors	Heats	Est.Start	Total	Cumulative	
201	G	50 Fr	Heats	208	26	01:15	00:32	00:32	
202	B	50 Fr	Heats	146	19	01:47	00:24	00:55	
203	G	50 Br	Heats	115	15	02:10	00:19	01:15	
204	B	50 Br	Heats	85	11	02:30	00:14	01:29	
205	G	50 Fl	Heats	145	19	02:44	00:27	01:55	
206	B	50 Fl	Heats	95	12	03:10	00:17	02:12	
207	G	50 Ba	Heats	116	15	03:27	00:25	02:37	
208	B	50 Ba	Heats	83	11	03:52	00:18	02:56	

Estimated Finish Time 16:05 Allowing for Withdrawals

Meet Timings as reported at 14/08/25

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FINALS									
Time Between Heats 30 Seconds & Between Backstroke Heats 60 Seconds									
SESSION STARTS 16:15									
Event	Gender	Age	Stroke/Distance	Type	Competitors	Heats	Est.Start		
401	F	9	200 IM	Final			16:15		
402	O/M	9	200 IM	Final			16:20		
403	F	10	200 IM	Final			16:25		
404	O/M	10	200 IM	Final			16:30		
405	F	11	200 IM	Final			16:35		
406	O/M	11	200 IM	Final			16:40		
407	F	12	200 IM	Final			16:45		
408	O/M	12	200 IM	Final			16:50		
409	F	13	200 IM	Final			16:55		
410	O/M	13	200 IM	Final			17:00		
411	F	14	200 IM	Final			17:05		
412	O/M	14	200 IM	Final			17:10		
413	F	15/O	200 IM	Final			17:15		
414	O/M	15/O	200 IM	Final			17:20		
Estimated Session Finish Time 17:25									

Meet Timings as reported at 14/08/25