

## Session 1

Warm up 1	Open/Male (105)	14:00 - 14:15	
Warm up 2	Female (129)	14:15 - 14:30	
Warm ups :- Maximum 15 swimmers per lane			
Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session			
Backstroke ledge starts will be permitted in Lanes 8 and 9 at the window end only.			
Event		Approximate Start Time	Heats (9 lanes)
101	Open/Male 50m Backstroke	14:35	8
102	Female 200m Backstroke	14:50	4
103	Open/Male 100m Breaststroke	15:07	7
104	Female 50m Butterfly	15:25	10
105	Open/Male 200m IM	15:39	5
106	Female 100m Freestyle	16:01	13
107	Open/Male 400m Freestyle	16:28	3
	Approximate Finish	16:50	

## Session 2

Warm up 1	Female (115)	17:00 - 17:15	
Warm up 2	Open/Male (98)	17:15 - 17:30	
Warm ups :- Maximum 15 swimmers per lane			
Lanes 0,1,2,7,8,9 will be used for starts for the last 5 minutes of each warm-up session			
Backstroke ledge starts will be permitted in Lanes 8 and 9 at the window end only.			
Event		Approximate Start Time	Heats (8 lanes)
201	Female 50m Breaststroke	17:35	11
202	Open/Male 200m Breaststroke	17:52	4
203	Female 100m Butterfly	18:11	3
204	Open/Male 50m Freestyle	18:18	11
205	Female 400m IM	18:32	2
206	Open/Male 100m Backstroke	18:47	7
207	Female 200m Freestyle	19:05	9
	Approximate Finish	19:39	

**LC Qualifier January 2024**  
**Day 1 Timeline**  
**Saturday 13th January 2024**