

## Session 3

Warm up 1	Female (127)	13:00 - 13:15	
Warm up 2	Open/Male (84)	13:15 - 13:30	
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)
301	Female 50m Backstroke	13:35	12
302	Open/Male 200m Backstroke	13:57	3
303	Female 100m Breaststroke	14:10	8
304	Open/Male 50m Butterfly	14:31	8
305	Female 200m IM	14:42	8
306	Open/Male 100m Freestyle	15:16	10
307	Female 400m Freestyle	15:37	4
	Approximate Finish	16:03	

## Session 4

Warm up 1	Open/Male (77)	16:15 - 16:30	
Warm up 2	Female (115)	16:30 - 16:45	
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 (6 lanes)
401	Open/Male 50m Breaststroke	16:50	9
402	Female 200m Breaststroke	17:04	6
403	Open/Male 100m Butterfly	17:31	5
404	Female 50m Freestyle	17:43	17
405	Open/Male 400m IM	18:05	2
406	Female 100m Backstroke	18:19	9
407	Open/Male 200m Freestyle	18:43	7
	Approximate Finish	19:09	

**LC Qualifier January 2024**  
**Day 2 Timeline**  
**Sunday 14th January 2024**