

**2nd Autumn Open Meet**  
**Day 2 Timeline**  
**Saturday 19th November 2023**

## Session 3

Warm up 1	Female incl only Buxton swimming in the 200 free (90)	08:15 - 08:30	
Warm up 2	Open/Male (61) and Buxton female not in the 200 free (10)	08:30 - 08:45	
Warm ups :- Maximum 12 swimmers per lane			
Lanes 1,2,7,8 will be used for starts for the last 5 minutes of each warm-up session			
Event		Approx Start Time	Heats
301	Female 200m Freestyle	8:50	10
302	Open/Male 100m Backstroke	9:29	6
303	Female 100m Breaststroke	9:45	8
304	Open/Male 50m Butterfly	10:05	8
305	Female 50m Freestyle	10:16	14
306	Open/Male 200m Breaststroke	10:34	4
307	Female 200m Backstroke	10:52	4
308	Open/Male 200m Butterfly	11:10	1
309	Female 400m IM	11:15	1
	Approximate Finish	11:22	

## Session 4

Warm up 1	Open/Male (68)	11:45 - 12:00	
Warm up 2	Female (80)	12:00 - 12:15	
Warm ups :- Maximum 12 swimmers per lane			
Lanes 1,2,7,8 will be used for starts for the last 5 minutes of each warm-up session			
Event		Approx Start Time	Heats
401	Open/Male 200m Freestyle	12:20	7
402	Female 100m Backstroke	12:48	8
403	Open/Male 100m Breaststroke	13:09	6
404	Female 50m Butterfly	13:25	11
405	Open/Male 50m Freestyle	13:41	9
406	Female 200m Breaststroke	13:52	5
407	Open/Male 200m Backstroke	14:17	3
408	Female 200m Butterfly	14:31	1
409	Open/Male 400m IM	14:36	1
	Appoximate Finish	14:43	