

2023 SMNE LC DISTANCE MEET
Held at Pymble Ladies College
TIMELINE (Guideline only, subject to change)

SUNDAY 19th NOVEMBER 2023

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 37 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 10 & Over 1500 Freestyle	4	1	08:45 AM	_____
Finals	2 Mixed 10 & Over 800 Freestyle	21	3	09:04 AM	_____
Finals	3 Mixed 10 & Over 400 Ind Medley	13	2	09:36 AM	_____
	Break: 25 Minutes:				
Finals	4 Mixed 9 & Over 200 Freestyle	74	10	10:13 AM	_____
Finals	5 Mixed 10 & Over 400 Freestyle	42	6	10:45 AM	_____
Finals	6 Mixed 9 & Over 200 Ind Medley	71	9	11:20 AM	_____
	Swimmers Counts for Warm-ups: 156	=====	=====		
	Entry / Heat Totals:	225	31		
	Finish Time			11:52 AM	_____

Please note: due to the length of each event, it is very possible we will reseed events which will make the timeline shorter and each event may start early. It is highly recommended you arrive no later than 1 hour prior to your event **or earlier** in case we run 20 minutes ahead of schedule.

There will be a Jolyn sale pop-up gazebo set up just outside the pool as well as a JVIA Nutritionist available for free consultations