



AP RACE
**PLYMOUTH
SUMMER OPEN**
PLYMOUTH LIFE CENTRE

2. Schedule

Draft timings – Subject to changes pending entries

SESSION 1

12:30 - 13:10 - Warm Up
13:15 Heats – START

- 101 - OPEN/MALE 400M INDIVIDUAL MEDLEY
- 102 - FEMALE 400M INDIVIDUAL MEDLEY
- 103 - OPEN/MALE 50M FREESTYLE
- 104 - FEMALE 50M FREESTYLE
- 105 - OPEN/MALE 100M BUTTERFLY
- 106 - FEMALE 100M BUTTERFLY
- 107 - OPEN/MALE 200M BACKSTROKE
- 108 - FEMALE 200M BACKSTROKE
- 109 - OPEN/MALE 1500M FREESTYLE

SESSION 2

Warm Up – Timings TBC

- 201 - OPEN/MALE 200M BUTTERFLY
 - 202 - FEMALE 200M BUTTERFLY
 - 203 - OPEN/MALE 50M BREASTSTROKE
 - 204 - FEMALE 50M BREASTSTROKE
 - 205 - OPEN/MALE 200M FREESTYLE
 - 206 - FEMALE 200M FREESTYLE
 - 207 - OPEN/MALE 100M INDIVIDUAL MEDLEY
 - 208 - FEMALE 100M INDIVIDUAL MEDLEY
 - 209 - FEMALE 800M FREESTYLE
 - 210 – MIXED OPEN 4X50M MEDLEY RELAY
- 19:30 HEATS – END**

SESSION 3

08:30 - 09:10 - Warm Up
09:15 Heats – START

- 301 - FEMALE 200M INDIVIDUAL MEDLEY
- 302 - OPEN/MALE 200M INDIVIDUAL MEDLEY
- 303 - FEMALE 100M FREESTYLE
- 304 - OPEN/MALE 100M FREESTYLE
- 305 - FEMALE 50M BACKSTROKE
- 306 - OPEN/MALE 50M BACKSTROKE
- 307 - FEMALE 100M BREASTSTROKE
- 308 - OPEN/MALE 100M BREASTSTROKE
- 309 - FEMALE 1500M FREESTYLE

SESSION 4

Warm Up – Timings TBC

- 201 - FEMALE 400M FREESTYLE
 - 202 - OPEN/MALE 400M FREESTYLE
 - 203 - FEMALE 100M BACKSTROKE
 - 204 - OPEN/MALE 100M BACKSTROKE
 - 205 - FEMALE 200M BREASTSTROKE
 - 206 - OPEN/MALE 200M BREASTSTROKE
 - 207 - FEMALE 50M BUTTERFLY
 - 208 - OPEN/MALE 50M BUTTERFLY
 - 209 – OPEN/MALE 800M FREESTYLE
 - 210 – MIXED OPEN 4X50M FREESTYLE RELAY
- 15:30 HEATS - END**

