

Single Distance Series #2

September 10, 2016

***** PLEASE NOTE ALL TIMES ARE APPROXIMATE AND WILL BE ADJUSTED AS REQUIRED*****

		Registration								
		Coaches Meeting								
Start		Race	Event				Minutes Per Race	Time		
								Race	Resurface	
8:15	8:15		Women	Warm up (15)				0:10		
	8:25		Men 1st Warm-Up	Warm up (18)				0:10		
	8:35		Men 2nd Warm-Up	Warm up (18)				0:10		
8:45	8:45		Flood							0:15
	9:00	1	Women 1	1500m Heat		3 races	2+0	0:04:30	0:14	
	9:14	2	Men 1	1500m Heat		3 races	2+0	0:04:30	0:14	
	9:28	3	Men 2	1500m Heat		3 races	2+0	0:04:30	0:14	
9:42	9:42		Flood							0:15
	9:57	4	Women 1	1500m Final		3 races		0:04:30	0:14	
	10:11	5	Men 1	1500m Final		3 races		0:04:30	0:14	
	10:25	6	Men 2	1500m Final		3 races		0:04:30	0:14	
10:39	10:39		Flood							0:15
	10:54	7	Women 1	500m Heat		2 races	2+0	0:02:30	0:05	
	10:59	8	Women 2	500m Heat		2 races	2+0	0:03:00	0:06	
	11:05	9	Men 1	500m Heat		2 races	2+0	0:02:30	0:05	
	11:10	10	Men 2	500m Heat		2 races	2+0	0:02:30	0:05	
	11:15	11	Men 3	500m Heat		2 races	2+0	0:02:30	0:05	
	11:20	12	Men 4	500m Heat		3 races	1+1	0:02:30	0:08	
11:28	11:28		Flood-Lunch							0:45
	12:13	13	Women 1	500m Final		2 races		0:02:30	0:05	
	12:18	14	Women 2	500m Final		2 races		0:03:00	0:06	
	12:24	15	Men 1	500m Final		2 races		0:02:30	0:05	
	12:29	16	Men 2	500m Final		2 races		0:02:30	0:05	
	12:34	17	Men 3	500m Final		2 races		0:02:30	0:05	
	12:39	18	Men 4	500m Final		3 races		0:02:30	0:08	
12:47	12:47		Flood							0:15
	13:02	19	Women	1000m Final		3 races		0:04:00	0:12	
	13:14	20	Men	1000m Final		6 races		0:04:00	0:24	
13:38	13:38		End							