

# Single Distance Series #3

December 11, 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	
	8:30	Women	Warm up					0:10		
8:40	8:40	Men	Warm up					0:10		
8:50	8:50	<b>Flood</b>							0:15	
	9:05	1	Women 1	1000m Heat		2 races	2+0	0:03:30	0:07	
	9:12	2	Women 2	1000m Heat		2 races	2+0	0:03:30	0:07	
	9:19	3	Men 1	1000m Heat		2 races	2+0	0:03:30	0:07	
	9:26	4	Men 2	1000m Heat		2 races	2+0	0:03:30	0:07	
	9:33	5	Men 3	1000m Heat		2 races	2+0	0:03:30	0:07	
9:40	9:40	<b>Flood</b>							0:12	
	9:52	6	Women 1	1000m Final		2 races		0:03:30	0:07	
	9:59	7	Women 2	1000m Final		2 races		0:03:30	0:07	
	10:06	8	Men 1	1000m Final		2 races		0:03:30	0:07	
	10:13	9	Men 2	1000m Final		2 races		0:03:30	0:07	
	10:20	10	Men 3	1000m Heat		2 races		0:03:30	0:07	
10:27	10:27	<b>Flood</b>							0:12	
	10:39	11	Women 1	500m Heat		2 races	2+0	0:03:00	0:06	
	10:45	12	Women 2	500m Heat		2 races	2+0	0:03:00	0:06	
	10:51	13	Men 1	500m Heat		2 races	2+0	0:03:00	0:06	
	10:57	14	Men 2	500m Heat		2 races	2+0	0:03:00	0:06	
	11:03	15	Men 3	500m Heat		2 races	2+0	0:03:00	0:06	
11:09	11:09	<b>Flood</b>							0:12	
	11:21	16	Women 1	500m Final		2 races		0:03:00	0:06	
	11:27	17	Women 2	500m Final		2 races		0:03:00	0:06	
	11:33	18	Men 1	500m Final		2 races		0:03:00	0:06	
	11:39	19	Men 2	500m Final		2 races		0:03:00	0:06	
	11:45	20	Men 3	500m Final		2 races		0:03:00	0:06	
11:51	11:51	<b>End</b>								