

Schedule Session No. 1 - Samedi Peu Profond/Shallow End

3/14/2020 - 9:00

Warmup: 8:00 until 8:50

Team Leaders Meeting: 8:45

9:00	1.	200m Medley	Women	Timed Final	18 +	0:22	5 Heats	26
9:22	3.	100m Butterfly	Women	Timed Final	18 +	0:10	4 Heats	21
9:32	5.	50m Breaststroke	Women	Timed Final	18 +	0:12	7 Heats	41
9:44	7.	200m Freestyle	Women	Timed Final	18 +	0:20	5 Heats	26
10:04	9.	100m Backstroke	Women	Timed Final	18 +	0:15	5 Heats	26
10:19	11.	50m Freestyle	Women	Timed Final	18 +	0:13	9 Heats	53
10:32	13.	200m Breaststroke	Women	Timed Final	18 +	0:14	3 Heats	17
10:46	15.	100m Medley	Women	Timed Final	18 +	0:20	8 Heats	47
11:06	pause 40 min					0:40		
11:46	21.	200m Butterfly	Women	Timed Final	18 +	0:05	1 Heat	4
11:51	23.	100m Freestyle	Women	Timed Final	18 +	0:14	6 Heats	34
12:05	25.	50m Backstroke	Women	Timed Final	18 +	0:09	5 Heats	27
12:14	27.	100m Breaststroke	Women	Timed Final	18 +	0:11	4 Heats	20
12:25	29.	50m Butterfly	Women	Timed Final	18 +	0:10	6 Heats	32
12:35	31.	200m Backstroke	Women	Timed Final	18 +	0:14	3 Heats	18
12:49	33.	400m Freestyle	Women	Timed Final	18 +	0:47	5 Heats	30
13:36	End of session				Total duration	4:36		

Schedule Session No. 2 - Samedi Profond/Deep End

3/14/2020 - 9:00

Warmup: 8:00 until 8:50

Team Leaders Meeting: 8:45

9:00	2.	200m Medley	Men	Timed Final	18 +	0:16	4 Heats	22
9:16	4.	100m Butterfly	Men	Timed Final	18 +	0:07	3 Heats	16
9:23	6.	50m Breaststroke	Men	Timed Final	18 +	0:11	7 Heats	38
9:34	8.	200m Freestyle	Men	Timed Final	18 +	0:22	6 Heats	32
9:56	10.	100m Backstroke	Men	Timed Final	18 +	0:08	3 Heats	16
10:04	12.	50m Freestyle	Men	Timed Final	18 +	0:14	10 Heats	56
10:18	14.	200m Breaststroke	Men	Timed Final	18 +	0:19	4 Heats	19
10:37	16.	100m Medley	Men	Timed Final	18 +	0:13	6 Heats	35
10:50	pause 30min					0:30		
11:20	17.	4 x 50m Freestyle	Mixed	Timed Final	72 - 399	0:10	3 Heats	16
11:30	18.	4 x 50m Freestyle	Men	Timed Final	72 - 399	0:07	2 Heats	11
11:37	19.	4 x 50m Freestyle	Women	Timed Final	72 - 399	0:08	2 Heats	12
11:45	22.	200m Butterfly	Men	Timed Final	18 +	0:08	2 Heats	7
11:53	24.	100m Freestyle	Men	Timed Final	18 +	0:21	10 Heats	59
12:14	26.	50m Backstroke	Men	Timed Final	18 +	0:06	3 Heats	16
12:20	28.	100m Breaststroke	Men	Timed Final	18 +	0:10	4 Heats	22
12:30	30.	50m Butterfly	Men	Timed Final	18 +	0:10	7 Heats	39
12:40	32.	200m Backstroke	Men	Timed Final	18 +	0:09	2 Heats	8
12:49	34.	400m Freestyle	Men	Timed Final	18 +	0:50	6 Heats	33
13:39	End of session				Total duration	4:39		