

**2019 Speedo National Preparation Meet - 23/03/2019 to 24/03/2019****Session Report****Session One**

Day of Meet: 1 Starts at 08:30 AM

| <b>Round</b> | <b>Event</b>                               | <b>Starts at</b> |       |
|--------------|--|------------------|-------|
| Finals       | 1 Men 50 Freestyle                         | 08:30 AM         | _____ |
| Finals       | 2 Women 50 Freestyle                       | 08:38 AM         | _____ |
| Finals       | 101 Boys 11-14 50 Freestyle                | 08:47 AM         | _____ |
| Finals       | 102 Girls 11-14 50 Freestyle               | 08:51 AM         | _____ |
| Finals       | 3 Men 11 & Over 50 Freestyle Multi Class   | 08:58 AM         | _____ |
| Finals       | 4 Women 11 & Over 50 Freestyle Multi Class | 08:59 AM         | _____ |
| Finals       | 5 Men 100 Breaststroke                     | 09:00 AM         | _____ |
| Finals       | 6 Women 100 Breaststroke                   | 09:07 AM         | _____ |
| Finals       | 103 Boys 11-14 100 Breaststroke            | 09:19 AM         | _____ |
| Finals       | 104 Girls 11-14 100 Breaststroke           | 09:23 AM         | _____ |
| Finals       | 7 Men 400 Freestyle                        | 09:31 AM         | _____ |
| Finals       | 8 Women 400 Freestyle                      | 10:00 AM         | _____ |
|              | Finish Time                                | 10:42 AM         | _____ |

**Session Two**

Day of Meet: 1 Starts at 11:00 AM

| <b>Round</b> | <b>Event</b>                                 | <b>Starts at</b> |       |
|--------------|--|------------------|-------|
| Finals       | 9 Men 50 Breaststroke                        | 11:00 AM         | _____ |
| Finals       | 10 Women 50 Breaststroke                     | 11:02 AM         | _____ |
| Finals       | 105 Boys 11-14 50 Breaststroke               | 11:06 AM         | _____ |
| Finals       | 106 Girls 11-14 50 Breaststroke              | 11:08 AM         | _____ |
| Finals       | 11 Men 11 & Over 100 Freestyle Multi Class   | 11:11 AM         | _____ |
| Finals       | 12 Women 11 & Over 100 Freestyle Multi Class | 11:13 AM         | _____ |
| Finals       | 13 Men 100 Backstroke                        | 11:15 AM         | _____ |
| Finals       | 14 Women 100 Backstroke                      | 11:22 AM         | _____ |
| Finals       | 107 Boys 11-14 100 Backstroke                | 11:35 AM         | _____ |
| Finals       | 108 Girls 11-14 100 Backstroke               | 11:41 AM         | _____ |
| Finals       | 15 Men 400 IM                                | 11:49 AM         | _____ |
| Finals       | 16 Women 400 IM                              | 12:06 PM         | _____ |
|              | Finish Time                                  | 12:24 PM         | _____ |

**PLEASE NOTE:** This timeline is to be used as a **GUIDE ONLY** and actual start times of events may vary depending on a variety of circumstances on the actual day of competition.

# 2019 Speedo National Preparation Meet - 23/03/2019 to 24/03/2019

## Session Report

### Session Three

Day of Meet: 1 Starts at 12:45 PM

| Round  | Event  | Starts at |       |
|--------|--|-----------|-------|
| Finals | 109 Mixed 11-12 200 Freestyle Relay          | 12:45 PM  | _____ |
| Finals | 110 Mixed 13-14 200 Freestyle Relay          | 12:45 PM  | _____ |
| Finals | 17 Men 11 & Over 100 Butterfly Multi Class   | 12:45 PM  | _____ |
| Finals | 18 Women 11 & Over 100 Butterfly Multi Class | 12:47 PM  | _____ |
| Finals | 19 Men 200 Freestyle                         | 12:49 PM  | _____ |
| Finals | 20 Women 200 Freestyle                       | 01:14 PM  | _____ |
| Finals | 111 Boys 11-14 200 Freestyle                 | 01:47 PM  | _____ |
| Finals | 112 Girls 11-14 200 Freestyle                | 01:53 PM  | _____ |
| Finals | 21 Men 200 Breaststroke                      | 02:02 PM  | _____ |
| Finals | 22 Women 200 Breaststroke                    | 02:11 PM  | _____ |
| Finals | 23 Men 800 Freestyle                         | 02:28 PM  | _____ |
| Finals | 24 Women 1500 Freestyle                      | 02:58 PM  | _____ |
|        | Finish Time                                  | 03:56 PM  | _____ |

### Session Four

Day of Meet: 2 Starts at 08:30 AM

| Round  | Event                         | Starts at |       |
|--------|-------------------------------|-----------|-------|
| Finals | 25 Men 50 Backstroke          | 08:30 AM  | _____ |
| Finals | 26 Women 50 Backstroke        | 08:33 AM  | _____ |
| Finals | 113 Boys 11-14 50 Backstroke  | 08:37 AM  | _____ |
| Finals | 114 Girls 11-14 50 Backstroke | 08:40 AM  | _____ |
| Finals | 27 Men 100 Butterfly          | 08:46 AM  | _____ |
| Finals | 28 Women 100 Butterfly        | 08:52 AM  | _____ |
| Finals | 115 Boys 11-14 100 Butterfly  | 09:02 AM  | _____ |
| Finals | 116 Girls 11-14 100 Butterfly | 09:04 AM  | _____ |
| Finals | 29 Men 200 IM                 | 09:08 AM  | _____ |
| Finals | 30 Women 200 IM               | 09:24 AM  | _____ |
| Finals | 117 Boys 11-14 200 IM         | 09:46 AM  | _____ |
| Finals | 118 Girls 11-14 200 IM        | 09:59 AM  | _____ |
|        | Finish Time                   | 10:13 AM  | _____ |

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# 2019 Speedo National Preparation Meet - 23/03/2019 to 24/03/2019

## Session Report

### Session Five

Day of Meet: 2 Starts at 10:35 AM

| Round  | Event   | Starts at |       |
|--------|---|-----------|-------|
| Finals | 31 Men 50 Butterfly                           | 10:35 AM  | _____ |
| Finals | 32 Women 50 Butterfly                         | 10:37 AM  | _____ |
| Finals | 119 Boys 11-14 50 Butterfly                   | 10:40 AM  | _____ |
| Finals | 120 Girls 11-14 50 Butterfly                  | 10:44 AM  | _____ |
| Finals | 33 Men 200 Backstroke                         | 10:49 AM  | _____ |
| Finals | 34 Women 200 Backstroke                       | 10:59 AM  | _____ |
| Finals | 35 Men 100 Freestyle                          | 11:18 AM  | _____ |
| Finals | 36 Women 100 Freestyle                        | 11:32 AM  | _____ |
| Finals | 121 Boys 11-14 100 Freestyle                  | 11:52 AM  | _____ |
| Finals | 122 Girls 11-14 100 Freestyle                 | 11:59 AM  | _____ |
| Finals | 37 Men 11 & Over 100 Backstroke Multi Class   | 12:05 PM  | _____ |
| Finals | 38 Women 11 & Over 100 Backstroke Multi Class | 12:07 PM  | _____ |
|        | Finish Time                                   | 12:10 PM  | _____ |

### Session Six

Day of Meet: 2 Starts at 12:30 PM

| Round  | Event   | Starts at |       |
|--------|---|-----------|-------|
| Finals | 123 Mixed 11-12 200 Medley Relay              | 12:30 PM  | _____ |
| Finals | 124 Mixed 13-14 200 Medley Relay              | 12:30 PM  | _____ |
| Finals | 39 Men 200 Butterfly                          | 12:30 PM  | _____ |
| Finals | 40 Women 200 Butterfly                        | 12:39 PM  | _____ |
| Finals | 41 Men 11 & Over 100 Breaststroke Multi Class | 12:45 PM  | _____ |
| Finals | 42 Women 11 & Over 100 Breaststroke Multi     | 12:47 PM  | _____ |
| Finals | 43 Men 1500 Freestyle                         | 12:49 PM  | _____ |
| Finals | 44 Women 800 Freestyle                        | 01:25 PM  | _____ |
|        | Finish Time                                   | 02:06 PM  | _____ |

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