

## DRAFT TIMINGS FOR

### CITY OF BRISTOL Lvl 3 - CHRISTMAS CRACKER OPEN MEET

SATURDAY 21 DECEMBER – SUNDAY 22 DECEMBER 2024

NB. Subject to confirming availability of officials to run all 10 lanes

#### DAY 1: SATURDAY 21<sup>ST</sup> DECEMBER 24

<b>Session 1: Saturday 21<sup>st</sup> December</b>		
Warm Up 1: Start	8:00 AM	All Girls
Warm Up 1: Finish	8:20 AM	Lanes 0-3 and 6-9 sprints from 8:15am
Warm up 2: Start	8:21 AM	All Boys
Warm up 2: Finish	8:41 AM	Lanes 0-3 and 6-9 sprints from 8:36am
Races Start	8:45 AM	
Races Finish (est)	10:58 AM	
<b>Session 2: Saturday 21<sup>st</sup> December</b>		
Warm up 1: Start	11:00 AM	All Boys <i>inc ledges</i>
Warm up 1: Finish	11:20 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:15am
Warm up 2: Start	11:21 AM	All Girls <i>inc ledges</i>
Warm up 2: Finish	11:41 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:36am
Races Start	11:45 AM	
Races Finish (est)	2:12 PM	
<b>Session 3: Saturday 21<sup>st</sup> December</b>		
<i>(May reduce each warm up to 15 minutes subject to timings on the day)</i>		
Warm up 1: Start	2:15 PM	Girls 14&U
Warm up 1: Finish	2:35 PM	Lanes 0-3 and 6-9 sprints from 2:15pm
Warm up 2: Start	2:36 PM	All Boys plus Girls 15&O <i>inc ledges</i>
Warm up 2: Finish	2:56 PM	Lanes 0-3 (ledges) and 6-9 sprints from 2:36pm
Races Start	3:00 PM	
Race Finish (est)	6:11 PM	

## **DAY 2: SUNDAY 22<sup>nd</sup> DECEMBER 24**

<b>Session 4: Sunday 22<sup>nd</sup> December</b>		
Warm Up 1: Start	8:00AM	All Boys
Warm Up 1: Finish	8:20AM	Lanes 0-3 and 6-9 sprints from 8:15am
Warm Up 2: Start	8:21AM	All Girls
Warm Up 2: Finish	8:41AM	Lanes 0-3 and 6-9 sprints from 8:36am
Races Start	8:45AM	
Races Finish (est)	10:50 AM	
<b>Session 5: Sunday 22<sup>nd</sup> December</b>		
Warm up 1: Start	10:45 AM	All Girls <i>inc ledges</i>
Warm up 1: Finish	11:05 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:00am
Warm up 2: Start	11:06 AM	All Boys <i>inc ledges</i>
Warm up 2: Finish	11:26 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:21am
Races Start	11:30 AM	
Races Finish (est)	1:55 PM	
<b>Session 6: Sunday 22<sup>nd</sup> December</b>		
<i>(May reduce each warm up to 15 minutes subject to timings on the day)</i>		
Warm up 1: Start	2:00 PM	All Boys
Warm up 1: Finish	2:20 PM	Lanes 0-3 and 6-9 sprints from 2:15pm
Warm up 2: Start	2:21 PM	All Girls <i>inc ledges</i>
Warm up 2: Finish	2:41 PM	Lanes 0-3 (ledges) and 6-9 sprints from 2:36pm
Races Start	2:45 PM	
Races Finish (est)	5:16 PM	

- During the scheduled warm ups in the main pool, please start from the 'start end' only i.e. the window end. Blocks may be used both ends of the pool for sprints once the lane is cleared and opened by the warm up marshals. During sprints, swimmers must exit the pool safely at the 15m point. If swimmers cannot consistently abide by this, sprint lanes will be restricted to the start end only.
- In addition to the scheduled warm ups in the main pool, the 20m separate pool will be available for warm up and swim downs throughout all sessions Saturday and Sunday. Swimmers, coaches and team managers are requested to ensure it is used for this purpose only and noise levels are kept reasonable.
- There will be no sign in for any events however to achieve as competitive racing as possible, where possible scratches to be reported, so we can minimise empty lanes.