

FINAL 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 21ST DECEMBER 24

Session 1: Saturday 21st December		
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)	11:13 AM	
Session 2: Saturday 21st December		
Warm up 1: Start	11:15 AM	All Boys <i>inc ledges</i>
Warm up 1: Finish	11:35 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:30am
Warm up 2: Start	11:36 AM	All Girls <i>inc ledges</i>
Warm up 2: Finish	11:56 AM	Lanes 0-3 (ledges) and 6-9 sprints from 11:51am
Races Start	12:00 PM	
Races Finish (est)	2:32 PM	
Session 3: Saturday 21st December		
<i>(May reduce each warm up to 15 minutes subject to timings on the day)</i>		
Warm up 1: Start	2:35 PM	Girls 14&U
Warm up 1: Finish	2:55 PM	Lanes 0-3 and 6-9 sprints from 2:50pm
Warm up 2: Start	2:56 PM	All Boys plus Girls 15&O <i>inc ledges</i>
Warm up 2: Finish	3:16 PM	Lanes 0-3 (ledges) and 6-9 sprints from 3:11pm
Races Start	3:20 PM	
Race Finish (est)	6:20 PM	

DAY 2: SUNDAY 22nd DECEMBER 24

Session 4: Sunday 22nd December		
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)	10:43 AM	
Session 5: Sunday 22nd December		
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	
Session 6: Sunday 22nd December		
<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	

- A 6 lane 25m pool will be available for warm up and swim downs throughout all sessions (we may also open the smaller 20m learner pool). Swimmers, coaches and team managers are requested to ensure it is used for this purpose only and noise levels are kept reasonable.
- Warm ups and sprints to start from the 'start end' of the main pool only i.e. the window end.
- There will be no sign in for any events however to achieve as competitive racing as possible, were possible scratches to be reported, so we can minimise empty lanes. This should be done either prior to the meet by emailing cobopenmeetentries@outlook.com or via the form on the desk outside the results office (start end) before the start of the warm of impacted session at the latest (when events will be reseeded and heat sheets printed and distributed as quickly as we can)