

EFSL CHAMPIONSHIPS 2010

Events
Saturday, 13 February

DAY ONE of Meet

Heat Interval: 30 Seconds/Back +15 Seconds

Time	Action	Remarks
0730	Doors Open for Swimmers/Supporters	
0810	First Warm-up Session	
0835	Second Warm-up Session	
0900	Warm-ups Complete	
0915	Parade	
0940	Presentation of Colours	Air Cadets
0945	National Anthems	Amanda Halgrimson
1000	1 st Session Begins	12&Under – 100 IM
1115	2 nd Session Begins	13 & Over - 100 Free 12&Under - 50 Fly 13 & Over - 100 Fly 12&Under - 50 Breast 13 & Over - 100 Breast
1415	3 rd Session Begins	12&Under - 200 Free 13 & Over - 400 Free All Ages - Medley Relay
1630	Day One of Meet Ends	

EFSL CHAMPIONSHIPS 2010

Events
Sunday, 14 February

DAY TWO of Meet

Heat Interval: 30 Seconds/Back +15 Seconds

Time	Action	Remarks
0730	Doors Open for Swimmers/Supporters	
0810	First Warm-up Session	
0835	Second Warm-up Session	
0900	Warm-ups Complete	
0930	1 st Session Begins	12 & Under – 200IM 13 & Over – 200IM
1200	2 nd Session Begins	12 & Under – 50 Free 13 & Over – 50 Free 12 & Under – 50 Back 13 & Over – 100 Back 12 & Under – 100 Free 13 & Over – 200 Free
1530	Final Relays Session Begins	All Ages – Free Relay
1630	Day Two of Meet Ends	