



CONFIRMATION PACK

BRITISH PARA-SWIMMING INTERNATIONAL MEET INC WPS WORLD SERIES 2021

8-11 APRIL

PONDS FORGE INTERNATIONAL
SPORTS CENTRE, SHEFFIELD

Funding Partner



Official Partners



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Endorsed Product



Host City and Venue





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KEY CONTACTS

British Swimming Contact

Nicole Burns
Events Officer
Nicole.Burns@swimming.org
07583029285

Venue Contact

Ponds Forge International Sports Centre
Sheaf Street
Sheffield
S1 2BP

0114 223 340





ENTRY CONFIRMATION

No paper confirmations will be sent out to competitors.

A list of submitted entries are available to view under the coaches tab [HERE](#). Competitors are requested to check their details carefully and inform the [Entries Administrator](#) if there are any errors.

START LISTS AND WITHDRAWALS

A link to register for start list notifications at the event, will be sent to all Athletes and Team staff prior to the start of competition.

All Withdrawals will be managed via an online form. Coaches and Team staff will need to sign up to the Event WhatsApp broad cast group. This can be done by using the QR code or web address which will be accessed on arrival at the hotel. Once accessed the Group MUST be added to your phone as a contact. Failure to add the contact will result in you not receiving broadcast messages. Publication of heats start sheets, provisional final qualifiers and finalist will be posted on the event results website and notified via broadcast message.

Withdrawals from both Heats and Finals will be via the link on the results website.

Details will be notified at a later date

Please complete all requested detail in the online withdrawal form

SCHEDULE, QUALIFYING TIMES, CONDITIONS

The Schedule, Conditions and Qualifying Times for the British Para-Swimming International Meet Inc. WPS World Series 2021 are saved on the British Swimming Website under the coaches tab [here](#). Please contact nicole.burns@swimming.org if you have any questions.

ACCREDITATION

All accreditation is requested through the IPC accreditation System. NPCs will receive PDFs of their teams accreditation via email. Please ensure you print your passes before arriving at the venue.

Accreditation must be worn at all times inside the venue, and swimmers will not be allowed access to the venue without it. Accreditation is non-transferable. If the accreditation is forgotten or mislaid during competition, a replacement for coaches or competitors will be re-issued for a fee of £10. This is available from the Sport Information Desk.

Please note, coaches will not be allowed poolside, other than if acting as support staff to an athlete with applicable exception code.





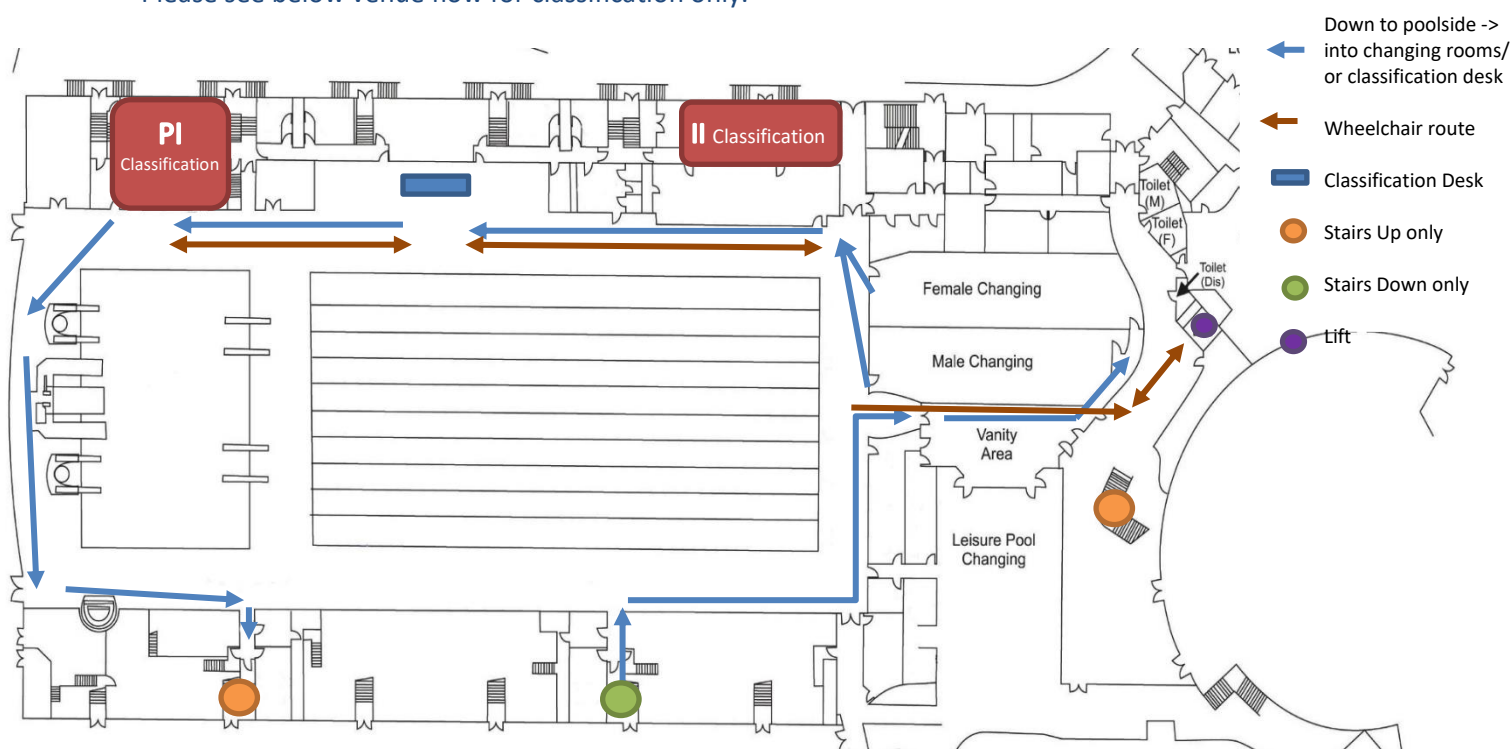
CLASSIFICATION

PI Classification will take place on 4th 5th 6th and 7th April

II Classification on the 6th and 7th April.

Classification is taking place at Ponds Forge for those with classification spots allocated by World Para Swimming. Please report to classification registration desk located in the foyer at Ponds Forge upon arrival. The classification schedules for the event have been sent to NPCs directly. Please contact your NPC if you are unsure of your time.

Please see below venue flow for classification only.



SPORT INFORMATION DESK

The Sport information Desk will be located in the Entrance foyer, and open at the following times.

7 th April	8 th April	9 th April	10 th April	11 th April
8:00-12:00 and 15:00-19:00	08:00 – 12:30	08:00 – 12:30	07:15 – 11:15	07:15 – 11:15
	15:00 – 18:00	15:00 – 18:30	15:00 – 18:00	15:00 – 18:00



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PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD
8-11 APRIL



SCHEDULE

Thursday 8th April	Friday 9 th April	Saturday 10 th April	Sunday 11 th April
HEATS	HEATS	HEATS	HEATS
Session 1: 09:30	Session 3: 09:30	Session 5: 09:30	Session 7: 09:30
W 100m Freestyle M 100m Freestyle W 200m Individual Medley M 200m Individual Medley W 150m Individual Medley M 150m Individual Medley	W 100m Backstroke M 100m Backstroke W 50m Breaststroke M 50m Breaststroke W 100m Breaststroke M 100m Breaststroke W 50m Backstroke M 50m Backstroke	W 50m Butterfly M 50m Butterfly W 400m Freestyle M 400m Freestyle W 200m Freestyle M 200m Freestyle	W 50m Freestyle M 50m Freestyle W 100m Butterfly M 100m Butterfly
FINALS	FINALS	FINALS	FINALS
Session 2: 17:00	Session 4: 17:00	Session 6: 17:00	Session 8: 17:00
W 100m Freestyle M 100m Freestyle W 200m Individual Medley M 200m Individual Medley W 150m Individual Medley M 150m Individual Medley	W 100m Backstroke M 100m Backstroke W 50m Breaststroke M 50m Breaststroke W 100m Breaststroke M 100m Breaststroke W 50m Backstroke M 50m Backstroke	W 50m Butterfly M 50m Butterfly W 400m Freestyle M 400m Freestyle W 200m Freestyle M 200m Freestyle	W 50m Freestyle M 50m Freestyle W 100m Butterfly M 100m Butterfly



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SESSION TIMES

Below are the approximate event timings including training, warm up and sessions.

This is expanded in Appendix B, giving detailed Warm up, estimated event and session times. Please note. All times are subject to change by the way of events. Any changes will be communicated by the BPSIM Management team to attendees.

DATE	WARM UP	SESSION START	ESTIMATED SESSION END	TRAINING TIMES	
6 TH APRIL				08:00 – 11:45 15:00 – 18:45	
7 TH APRIL				competition pool only	
8 TH APRIL	Heats: <i>competition Pool only</i> 08:20-09:10 10:20-11:10		09:30	12:15	Pre bookable 40 min sessions on 8 th , 9 th 10 th April 13:00 13:45 <i>Competition Pool</i>
			17:00	18:00	
9 TH APRIL	Heats: <i>competition Pool only</i> 08:20-09:10 10:00-10:50	Finals: <i>competition Pool</i> 15:00- 16:40 <i>Diving Pit</i> 16:00- 17:00	09:30	12:00	
			17:00	18:15	
10 TH APRIL	Heats: <i>competition Pool</i> 07:30-09:10		09:30	10:45	
			17:00	17:45	
11 TH APRIL	<i>Diving Pit</i> 08:30-09:30		09:30	10:30	
			17:00	17:30	



TRAINING

PRE-EVENT TRAINING SESSIONS – 6TH AND 7TH APRIL

Training will be available in the competition pool from 6th -7th April in pre bookable 2 hours sessions (1hr 45mins training 15mins change over). Times bookable 08:00, 10:00 15:00 and 17:00

Within each training session, athletes will have 1 hour 45 minute pool access with 15 minutes allocated for change over.

In line with COVID-19 competition guidance, NPCs will be able to book training sessions, lanes will be allocated in accordance with capacity limits. There will be 8 x 50 metre lanes available. Each NPC representative will be sent the booking link directly.

Please note, coaches will not be allowed poolside, other than if acting as support staff to an athlete with applicable exception code.

Only personal training equipment can be utilised during training in the competition pool (pull buoys, kickboards). The use of bungee cords, fins or large hand paddles is prohibited at all times. Dive Start and Backstroke Start lanes implemented for the last 20mins of each session.

In addition to the above, the following must all be adhered to at all times.

- Maximum of 8 swimmers per lane.
- Personal identified drink bottle left at point of entry.
- Continuous swimming – if there is a need to stop then only at the left side of your entry/exit point.
- If there is another swimmer in your stopping place – swim on.
- Stop for minimum time possible.

MID-COMPETITION TRAINING SESSIONS – 8TH-10TH APRIL

Mid-competition training sessions will be available in the competition pool from 8th-10th April for athletes not competing on those dates.

There will be two pre-bookable 40 minute sessions between 13:00 - 14:30 each day. Please use the following link to book mid competition sessions. There will be 9 x 50 metre lanes available.

The following must all be adhered to at all training times.

- Maximum of 5 swimmers per lane.
- Allocated lanes only.
- Personal identified drink bottle left at point of entry.
- Continuous swimming – if there is a need to stop then only at the left side of your entry/exit point.
- If there is another swimmer in your stopping place – swim on.
- Stop for minimum time possible.

Please see Appendix A for Warm up and Warm down Pool Operations.





BRITISH PARA-SWIMMING INTERNATIONAL MEET INC WPS WORLD SERIES 2021

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PRE-EVENT BRIEFING – 31ST MARCH

A pre-event briefing will be taking place virtually on the 31st March at 4pm GMT. Please register via the below details to register your attendance at the briefing.

<https://attendee.gotowebinar.com/register/4646244082737903116>

After registering, you will receive a confirmation email containing information about joining the webinar.

If you are unable to make the meeting, please note it will also be recorded and sent to all event attendees directly.

The purpose of this briefing will be to provide you with all the information you require ahead of the meet, to explain all the covid protocols and procedures that have been put in place for your safety. Also to outline the expectations on you and how you can navigate yourself safely through the event.

TEAM LEADER MEETING

The Team Leader Meeting will take place virtually via Zoom at 18:00 on Wednesday 7th April. Virtual Meeting details will be sent to all team staff ahead of the meeting.

In the best interest of their swimmers, coaches are requested to attend this meeting to ensure that they understand the meet conditions set out for this meet and to be provided with important information relating to the operation of the event.

Please be aware that in extraordinary circumstances timings may be altered. As much notice will be given as possible if changes need to be made. All further announcements and notices during the event will be available at the Sport Information Desk.

SEATING

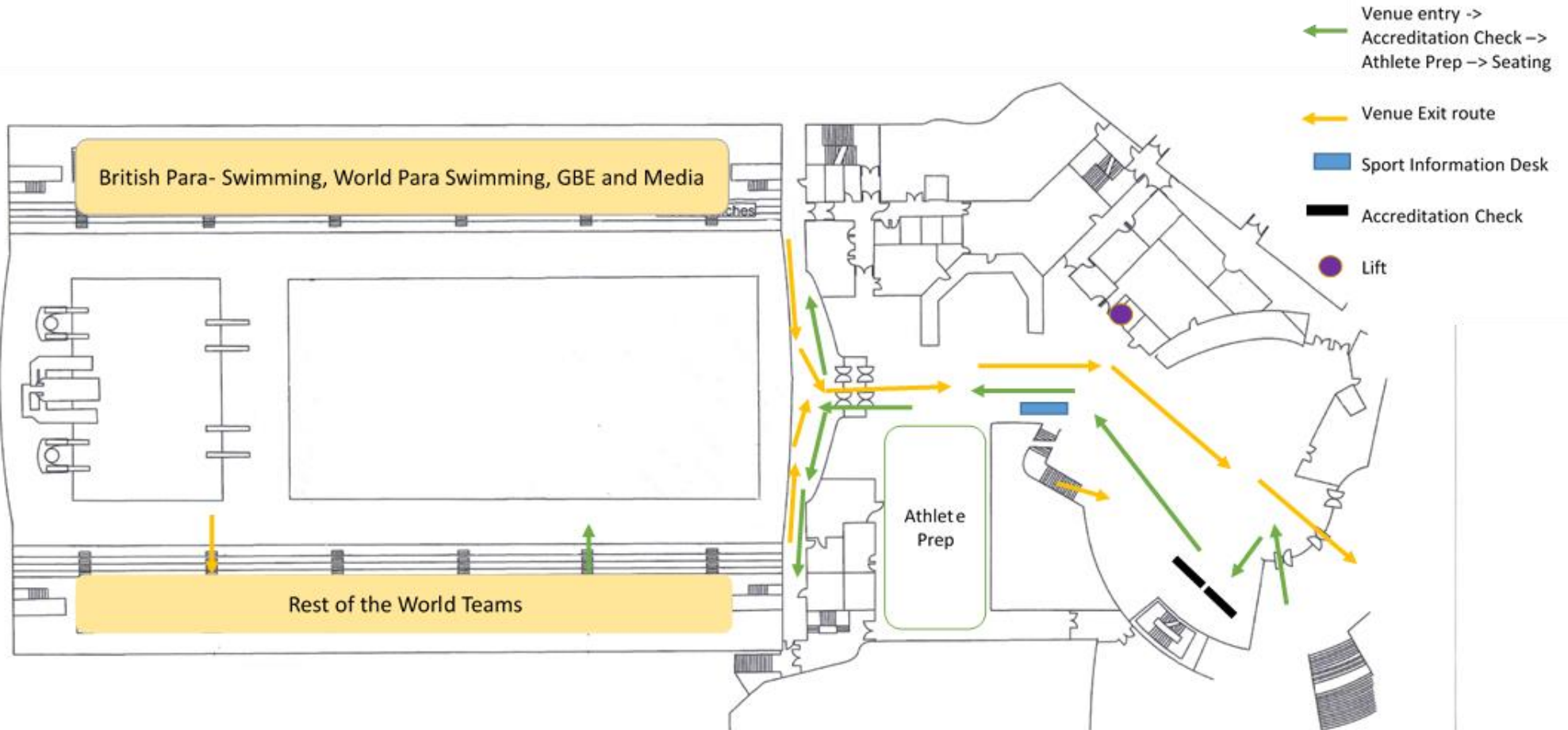
Athletes and Team Staff will have socially distanced seating areas available overlooking the competition pool, as well as access to team prep areas in the open area under athlete seating and in the Café. There will be no seating on deck. Please see the venue plan and athlete flow diagram included in this document.

Please note, seating may be visible on the live stream, therefore, it is important everyone is extra vigilant in following the rules within this area.

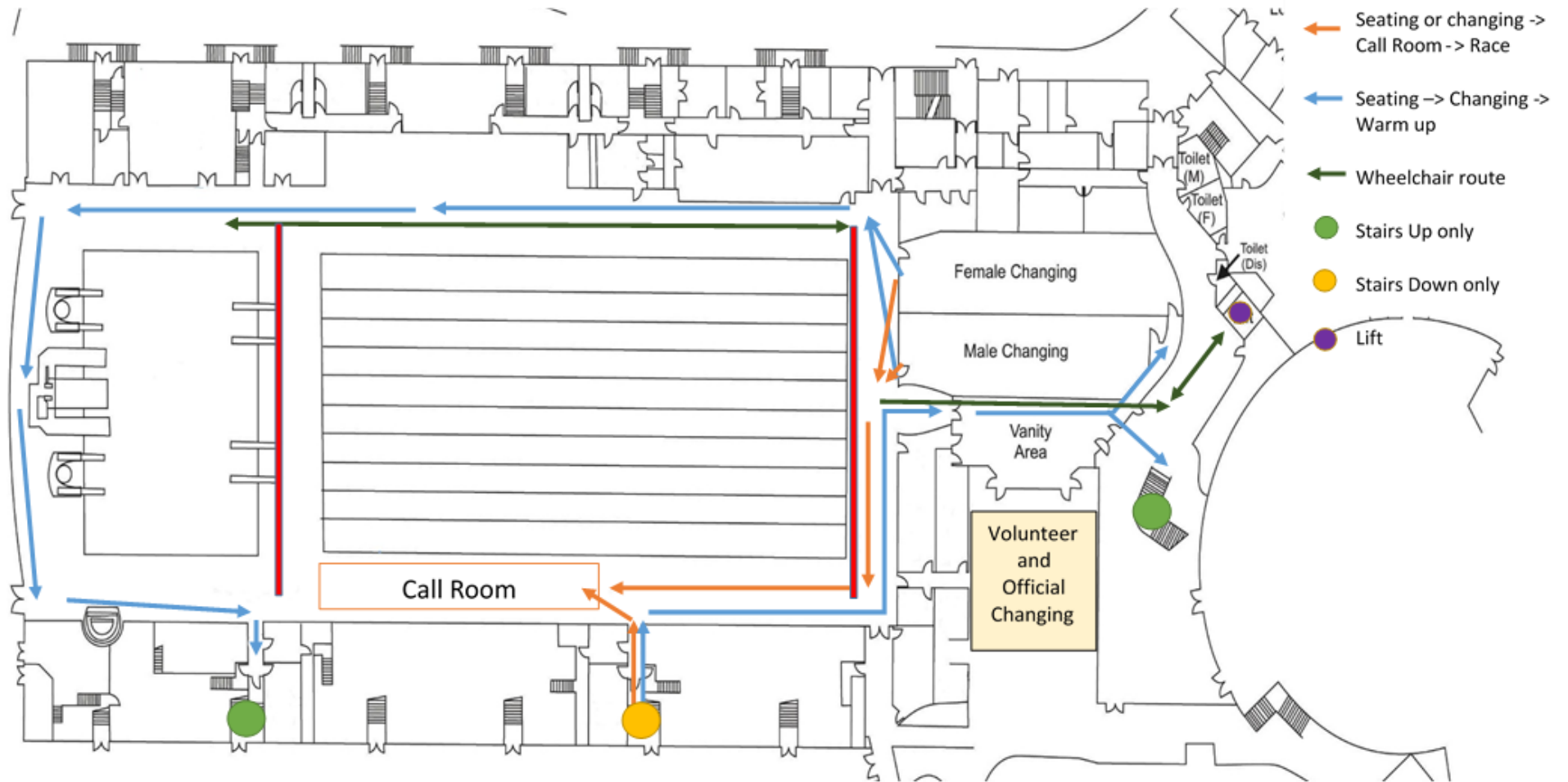


VENUE LAYOUT AND FLOWS

LEVEL 1



LEVEL 0





PRESENTATIONS

Due to COVID-19 Restrictions, no medals will be awarded for the British Para-Swimming International Meet Inc. WPS World Series 2021. The following will be awarded via Social Media following completion of the event:

- Recognition will be made to the 3 highest BPSP points scoring swimmers across the World Series Finals competed in each Event.
- Recognition will be made to the highest BPSP points GBR Swimmer across all Finals competed in each Event.
- Recognition will be made to the highest BPSP points scoring GBR Junior Swimmer across all finals competed in each Event. A Junior swimmer will be born 2006 or later

MEDICAL

There will be 2 Doctors, a paramedic and ambulance present at this event for athletes for the competition days. Pool staff will administer first aid where necessary.

If anyone requires medical attention at the hotel then they should contact the event reception and this can be arranged.

The closest hospital to Ponds Forge is: Northern General Hospital, Herries Road, Sheffield, S5 7AU, Tel: +44 (0) 114 243 4343

MEDICAL DECLARATIONS – GBR ATHLETES ONLY

Please note that in accordance with the International Standards for Testing, it is the athletes' responsibility to provide all information and dosage for any medications and supplements taken on the doping control form, at the point of doping control. Any previously disclosed medications or supplements to your club and/or via a British Swimming Medical Declaration Form forms no part of doping control.

Strict liability means athletes are responsible for any banned substance found in their system, no matter how it got there. Please can we remind you to check all medications on www.globaldro.com

GBR Funded athlete = if your medication is prohibited you must have a Therapeutic Use Exemption (TUE) in place at all times.

GBR Non-funded athletes = if your medication is prohibited you must contact Maria.White@swimming.org after doping control. You will have 5 days to submit a retroactive TUE application following your drug test.

If you require support or have a query about any medications, supplements or the anti-doping rules around this then please contact Maria White at British Swimming: 07771 864689





ACCOMMODATION

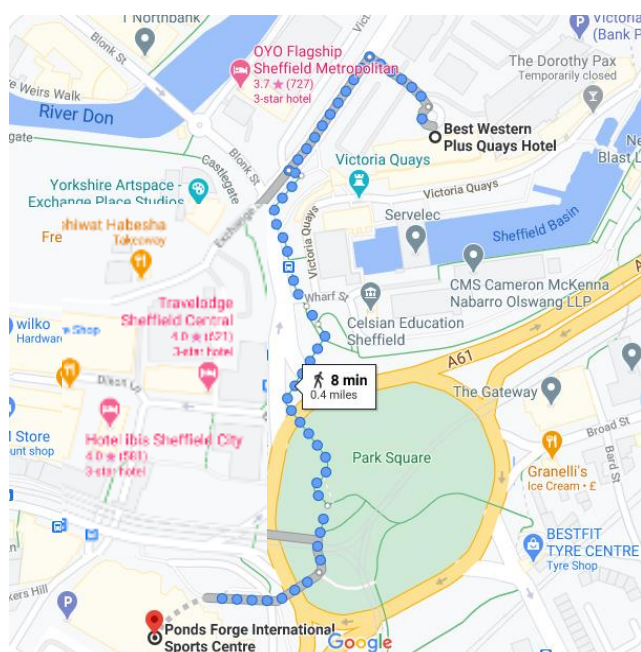
All Athletes and Team Staff are staying at one of the official event hotels. Please see below walking routes for the hotels to Ponds Forge. Please note the route includes the high level walkway, not the street footpath.

OYO Hotel

Blonk St,
Sheffield,
S1 2AU

Best Western Plus Quay

Victoria quays,
Furnival Rd,
Sheffield,
S4 7Y



Athletes and NPCs have been sent the relevant Accommodation booking forms. Please email Nicole.Burns@Swimming.org if you have not received this form.

All accommodation should be on single occupancy basis unless you: Are sharing with someone you already live with, are Under 18 and are sharing with a responsible person or are an athlete that requires a support person

Catering

All meals are to be eaten at the hotel, accommodation has been booked on a full board basis. Please ensure you bring enough snacks to cover the duration of the event as you usually would. Athletes or staff are able to order in food delivery if they wish to, however this must be in a covid safe manner.

Parking

Hotel parking will be available at the Best Western Plus Quay hotel car park free of charge. Other multi story parking alternatives are available nearby.





ARRIVALS AND TESTING

All athletes and staff will be required to undertake a lateral flow Covid test upon arrival at the event. Everyone will be allocated an arrival time slot, taking into account classification reviews, training and check in dates. Please aim to arrive within this time slot to ensure the smooth running of the testing procedure. You will receive notification of your time prior to arrival.

Everyone must go to the Best Western Quay Plus Hotel for arrival testing at your allocated time.

Upon completion of your COVID test, anyone staying in the Best Western Plus Quay will be given their room key and asked to stay in their room until they receive an email confirming the result of their test. Anyone staying in the OYO will be directed to a waiting area until they have received their result and then go to their hotel to check in.

From this point forward you are part of the event bubble and can therefore not be permitted to go anywhere other than between the official hotel and the competition venue at any time.

COVID-19

The situation surrounding COVID-19 is progressing at a variable rate around the world. Swimmers should strongly consider whether it is safe for them to individually participate and follow any applicable government or health authority advice specific to them, particularly if they could be considered to be at greater risk from COVID-19.

All requirements relating to COVID-19 regulations prevailing at the time will be adhered to. All those involved in the British Para-Swimming International Meet (BPSIM) will be required to agree to a COVID-19 Code of Behaviour and opt in form. Should you not wish to opt in at this point your entry fees will be refunded in full.

A detailed information package covering all prevention measures for COVID-19 at the event, including health screening, hand sanitising stations and facility access and flows, will be provided to all participating teams and NPCs prior to the event.

Please ensure you read and fully understand the information within the document. Any questions please contact Nicole.Burns@swimming.org

Please be aware that as the Coronavirus situation changes this COVID-19 plan will be continuously reviewed and therefore may be subject to change up until the event. British Swimming will communicate any changes.

FILMING AND PHOTOGRAPHY POLICY

British Swimming are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a British Swimming setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

British Swimming encourage all participants at British Swimming events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event. British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

EVENT PHOTOGRAPHY AND FILMING

This event **will be photographed and live streamed**. Static images will be displayed on the British Swimming website www.britishswimming.org. They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at www.britishswimming.org. In addition, British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to British Swimming Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the SE Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer.

PHOTOGRAPHY REFUSAL FORM

Name of Swimmer: _____

Membership Number: _____

Event: British Para Swimming International Meet inc WPS World Series 2020

I refuse permission for the taking and/or publication of images of my child or myself by the event's Official Photographer(s)

Signed _____ (Competitor/Parent/Carer)

Print Name: _____

Date: _____

Please return this form back to: BritishEvents@Swimming.org



MEDIA

Due to the COVID protocols this meet is being run under, we will not be inviting media to attend and there will be no mixed zone.

That being said the British Swimming media team will be doing interviews with select athletes, both British and international, so there may still be a request for you to give an interview – you will be notified of this post-race, should you be selected.

SOCIAL MEDIA

If you are using social media during the meet, athletes are reminded:

- We are extremely privileged to be allowed this opportunity to stage a meet and complete while the rest of the country is in lockdown. Please bear this in mind when posting.
- The COVID protocols set out by the government and the event, should be adhered to at all times. Any athlete found in deliberate breach of these will face serious sanctions, which will likely constitute in removal from the competition and the bubble; this includes anything that may come to light on social media.

SPECTATOR INFORMATION

No Spectators are permitted at the British Swimming International Meet Inc. WPS World Series 2021.

A Live stream can be accessed on the following link <https://www.youtube.com/BritishSwimming>

MERCHANDISE

Official Merchandise for this event is available to order online through the below Swimpath Link:

<https://www.swimpath.co.uk/collections/british-para-swimming-international-meet-2021-event-merchandise>



APPENDIX A – POOL OPERATING PRINCIPLES

WARM UP

Competition Pool 10 x 50m x 2.5m wide lanes

8 x General Warm Up

1 x Visually Impaired Lane

1 x Lower classification Lane

Diving Pool 6 x 25m x 2.5m wide lanes (when in use)

- Warm up to take place in allocated pool at allocated time.
- Athletes + support staff where identified only permitted on the pool deck.
- Competition Pool - maximum of 8 swimmers per lane, less were possible.
- Diving Pool - maximum of 6 swimmers per lane.
- Any swimmer clothing/kit to be left distanced from other swimmers.
- Personal training equipment permitted excluding hand paddles and fins.
- Entry/Exit to pool at an allocated end.
- Personal identified drink bottle left at point of entry.
- Continuous swimming – if there is a need to stop then only at the left side of your entry/exit point.
- If there is another swimmer in your stopping place – swim on.
- Stop for minimum time possible.
- Exit the pool when warm-up is complete or after 40 mins whichever comes first.

SWIM DOWN

Diving Pool 25m 6 lane pool

- Athletes + support staff where identified only permitted on the pool deck.
- Maximum of 6 swimmers per lane less is preferred.
- Allocated lane and point of entry/exit.
- No diving.
- Personal training aids allowed (fins and hand paddles at the discretion of the Pool Supervisors).
- Personal identified drink bottle left at point of entry.
- Continuous swimming – if there is a need to stop then only at the left side of your entry/exit point.
- If there is another swimmer in your stopping place – swim on.
- Stop for minimum time possible.
- Exit the pool when swim down complete or 20 mins whichever is earliest.

APPENDIX B – DETAILED COMPETITION SCHEDULE

THURSDAY 8TH APRIL 2021 HEATS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
08:20	09:10	101	Women 100m Freestyle	3	09:30	09:48	00:20
08:20	09:10	102	Men 100m Freestyle	4	09:49	10:14	00:39
			Warm Up: Events 103 - 106				
10:20	11:10	103	Women 200m Ind Medley	2	11:30	11:45	00:20
10:20	11:10	104	Men 200m Ind Medley	2	11:46	12:00	00:36
XX	XX	105	Women 150m Ind Medley	0	XX	XX	XX
10:20	11:10	106	Men 150m Ind Medley	1	12:02	12:10	00:52

Estimated Session End

12:15

Diving Pool

09:30 - 13:00 Swim Down

FINALS

Warm Up Start	Warm Up end	Event No	Event Title	Final No	Event Start	Event Finish	End of WU to Race
15:00	16:40	151	Women 100m Freestyle	F2	17:00	17:05	00:20
15:00	16:40	151	Women 100m Freestyle	F1	17:07	17:12	00:27
15:00	16:40	152	Men 100m Freestyle	F2	17:14	17:20	00:34
15:00	16:40	152	Men 100m Freestyle	F1	17:21	17:27	00:41
15:00	16:40	153	Women 200m Ind Medley	F	17:28	17:36	00:48
15:00	16:40	154	Men 200m Ind Medley	F	17:37	17:45	00:57
XX	XX	155	Women 150m Ind Medley	0	XX	XX	XX
15:00	16:40	156	Men 150m Ind Medley	F	17:46	17:55	01:06

Estimated Session End

18:00

Diving Pool

16:00 - 17:00 Warm Up

17:00 - 18:45 Swim Down

FRIDAY 9TH APRIL 2021 HEATS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
08:20	09:10	201	Women 100m Backstroke	2	09:30	09:39	00:20
08:20	09:10	202	Men 100m Backstroke	2	09:41	09:49	00:31
08:20	09:10	203	Women 50m Breaststroke	1	09:50	09:55	00:40
08:20	09:10	204	Men 50m Breaststroke	1	09:56	09:55	00:46
			Warm Up: Events 205 - 208				
10:00	10:50	205	Women 100m Breaststroke	3	11:10	11:25	00:20
10:00	10:50	206	Men 100m Breaststroke	4	11:27	11:48	00:37
10:00	10:50	207	Women 50m Backstroke	1	11:50	11:54	01:00
10:00	10:50	208	Men 50m Backstroke	1	11:55	11:59	01:05

Estimated Session End

12:00

Diving Pool

09:30 - 12:45 Swim Down

FINALS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
15:00	16:40	251	Women 100m Backstroke	F	17:00	17:05	00:20
15:00	16:40	252	Men 100m Backstroke	F	17:07	17:12	00:27
15:00	16:40	253	Women 50m Breaststroke	F	17:14	17:20	00:34
15:00	16:40	254	Men 50m Breaststroke	F	17:22	17:29	00:42
15:00	16:40	255	Women 100m Breaststroke	F	17:30	17:36	00:50
15:00	16:40	256	Men 100m Breaststroke	F2	17:38	17:44	00:58
15:00	16:40	256	Men 100m Breaststroke	F1	17:46	17:52	01:06
15:00	16:40	257	Women 50m Backstroke	F	17:53	17:59	01:13
15:00	16:40	258	Men 50m Backstroke	F	18:00	18:06	01:20

Estimated Session End

18:15

Diving Pool

16:00 - 17:00 Warm Up

17:00 - 19:00 Swim Down

SATURDAY 10TH APRIL HEATS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
07:30	09:10	301	Women 50m Butterfly	1	09:30	09:33	00:20
07:30	09:10	301	Men 50m Butterfly	1	09:35	09:40	00:25
07:30	09:10	303	Women 400m Freestyle	2	09:40	09:57	00:30
07:30	09:10	304	Men 400m Freestyle	2	09:59	10:18	00:47
07:30	09:10	305	Women 200m Freestyle	1	10:19	10:24	01:08
07:30	09:10	306	Men 200m Freestyle	2	10:26	10:35	01:14

Estimated Session End

10:45

Diving Pool

08:30 - 09:30 Warm Up

09:30 - 11:30 Swim Down

FINALS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
15:00	16:40	351	Women 50m Butterfly	F	17:00	17:09	00:20
15:00	16:40	352	Men 50m Butterfly	F	17:10	17:15	00:30
15:00	16:40	353	Women 400m Freestyle	F	17:17	17:23	00:37
15:00	16:40	354	Men 400m Freestyle	F	17:25	17:31	00:45
15:00	16:40	355	Women 200m Freestyle	F	17:32	17:37	00:52
15:00	16:40	356	Men 200m Freestyle	F	17:38	17:43	00:58

Estimated Session End

17:45

Diving Pool

16:00 - 17:00 Warm Up

17:00 - 18:30 Swim Down

SUNDAY 11TH APRIL HEATS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
07:30	09:10	401	Women 50m Freestyle	3	09:30	09:44	00:20
07:30	09:10	402	Men 50m Freestyle	3	09:45	09:59	00:35
07:30	09:10	403	Women 100m Butterfly	1	10:01	10:05	00:51
07:30	09:10	404	Men 100m Butterfly	3	10:07	10:23	00:57

Estimated Session End

10:30

Diving Pool

08:30 - 09:30 Warm Up
09:30 - 11:15 Swim Down

FINALS

Warm Up Start	Warm Up end	Event No	Event Title	Heat No	Event Start	Event Finish	End of WU to Race
15:00	16:40	451	Women 50m Freestyle	F	17:00	17:05	00:20
15:00	16:40	452	Men 50m Freestyle	F	17:06	17:11	00:26
15:00	16:40	453	Women 100m Butterfly	F	17:13	17:19	00:33
15:00	16:40	454	Men 100m Butterfly	F	17:20	17:26	00:40

Estimated Session End

17:30

Diving Pool

16:00 - 17:00 Warm Up
17:00 - 18:15 Swim Down