



LEINSTER SENIOR SCHOOLS MEET _ 6TH FEB 2022

LEINSTER
SCHOOLS SWIMMING

SCHEDULE OF EVENTS AND WARM UP DETAILS

Session 1 - SUNDAY MORNING		Session 2 - SUNDAY AFTERNOON	
WARM UP COMMENCES 8.15 am to 8.45		WARM UP COMMENCES 1:30pm to 1:50	
GIRLS WARM UP General Warm up 20 mins Sprints & Backstroke starts 10mins		GIRLS WARM UP <u>AGE 13-14 & 15-16</u> General Warm up 15 mins Sprints & backstroke starts 5 mins	
8.45am to 9.15am		1:50pm to 2:10pm	
Boys WARM UP General Warm up 20 mins Sprints & Backstroke starts 10mins		MIXED WARM UP <u>GIRLS AND BOYS AGE 17-19</u> General Warm up 15 mins Sprints & backstroke starts 5 mins	
		2:10pm to 2:30pm	
		Boys WARM UP <u>AGE 13-14 & 15-16</u> General Warm up 15 mins Sprints & backstroke starts 5 mins	
SWIMMING COMMENCES 9.30AM		SWIMMING COMMENCES 3pm sharp	
Event	*Approx start time	Event	*Approx start time
Girls 100M Backstroke	9.30am	Girls 100m Butterfly	2:45pm
Boys 100M Backstroke	9.50am	Boys 100M butterfly	3:00pm
Girls 100M Breaststroke	10:15am	Girls 100m Freestyle	3:10pm
Boys 100M Breaststroke	10:30am	Boys 100m Freestyle	3:35pm
Girls 400M Freestyle	10:50am	Girls 200m Individual Medley	3:55pm
Boys 400M Freestyle	11:30am	Boys 200m Individual Medley	4:20pm
 Session 1 Presentations	12:10am	Girls Medley Relay	4:45pm
		Boys Medley Relay	5:05pm
		Girls Freestyle Relay	5:20pm
		Boys Freestyle Relay	5:35pm
		 Session 2 Presentations	5:50pm

** Start times are approximated based on numbers entered in the meet.
Times are subject to change on the day when withdrawals are finalised.
Athletes to be in line up 10mins before their event*