

# Scottish Winter Swimming Championships - Saturday 9th March, 2019

Taymouth Marina, Kenmore, Aberfeldy, PH15 2HW

08:00-08:45 - Registration for 450m swimmers only

08:55 - Briefing for 450m swimmers only

09:00-10:45 - Registration for all other swimmers

11:00 - Briefing for all other swimmers

| Event    | Stroke       | Distance | Heat   | Muster | Start |
|----------|--------------|----------|--------|--------|-------|
|          |              |          | Number | Time   | Time  |
| <b>1</b> | Freestyle    | 450m     | 1      | 09:10  | 09:20 |
|          | Freestyle    | 450m     | 2      | 09:30  | 09:40 |
|          | Freestyle    | 450m     | 3      | 09:50  | 10:00 |
|          | Freestyle    | 450m     | 4      | 10:10  | 10:20 |
|          | Freestyle    | 450m     | 5      | 10:30  | 10:40 |
|          | Freestyle    | 450m     | 6      | 10:50  | 11:00 |
|          |              |          |        |        |       |
| <b>2</b> | Breaststroke | 50m      | 1      | 11:30  | 11:40 |
|          | Breaststroke | 50m      | 2      | 11:35  | 11:45 |
|          | Breaststroke | 50m      | 3      | 11:40  | 11:50 |
|          | Breaststroke | 50m      | 4      | 11:45  | 11:55 |
|          | Breaststroke | 50m      | 5      | 11:50  | 12:00 |
|          | Breaststroke | 50m      | 6      | 11:55  | 12:05 |
|          |              |          |        |        |       |
| <b>3</b> | Freestyle    | 50m      | 1      | 12:10  | 12:20 |
|          | Freestyle    | 50m      | 2      | 12:15  | 12:25 |
|          | Freestyle    | 50m      | 3      | 12:20  | 12:30 |
|          | Freestyle    | 50m      | 4      | 12:25  | 12:35 |
|          | Freestyle    | 50m      | 5      | 12:30  | 12:40 |
|          | Freestyle    | 50m      | 6      | 12:35  | 12:45 |
|          |              |          |        |        |       |
| <b>4</b> | Butterfly    | 50m      | 1      | 12:55  | 13:05 |
|          | Butterfly    | 50m      | 2      | 13:00  | 13:10 |

|          |                                 |      |   |              |       |
|----------|---------------------------------|------|---|--------------|-------|
|          | <b>LUNCH</b>                    |      |   |              |       |
| <b>5</b> | Freestyle                       | 150m | 1 | 14:15        | 14:25 |
|          | Freestyle                       | 150m | 2 | 14:25        | 14:35 |
|          | Freestyle                       | 150m | 3 | 14:35        | 14:45 |
|          | Freestyle                       | 150m | 4 | 14:45        | 14:55 |
|          | Freestyle                       | 150m | 5 | 14:55        | 15:05 |
|          | Freestyle                       | 150m | 6 | 15:05        | 15:15 |
|          |                                 |      |   |              |       |
| <b>6</b> | 4 x 50 freestyle relay          |      | 1 | 15:20        | 15:30 |
|          | 4 x 50 freestyle relay          |      | 2 | 15:30        | 15:40 |
|          | 4 x 50 freestyle relay          |      | 3 | 15:40        | 15:50 |
|          | <b>Prize giving &amp; Close</b> |      |   | <b>16:30</b> |       |

\*\*\* Please be advised that times are subject to change. Any changes will be communicated at your designated muster time\*\*\*\*\*