

ANLSL - Regionale 6
Dorval, 15 - 16/4/2023

Schedule Session No. 1 - Saturday morning session - 11-12

4/15/2023 - 8:00

Warmup: 7:00 until 7:50

Team Leaders Meeting: 7:45

8:00	101.	200m Freestyle	All	Timed Final	11 - 12	0:27	7 Heats	50
8:27	102.	50m Backstroke	All	Timed Final	11 - 12	0:15	9 Heats	72
8:42	103.	100m Butterfly	All	Timed Final	11 - 12	0:06	2 Heats	11
8:48	104.	200m Breaststroke	All	Timed Final	11 - 12	0:18	4 Heats	28
9:06	105.	50m Freestyle	All	Timed Final	11 - 12	0:15	11 Heats	81
9:21	106.	100m Backstroke	All	Timed Final	11 - 12	0:16	6 Heats	43
9:37	107.	50m Butterfly	All	Timed Final	11 - 12	0:09	5 Heats	40
9:46	108.	100m Breaststroke	All	Timed Final	11 - 12	0:10	4 Heats	31
9:56	109.	100m Medley	All	Timed Final	11 - 12	0:11	4 Heats	25
10:07	110.	200m Medley	All	Timed Final	11 - 12	0:17	4 Heats	31
10:24	111.	50m Breaststroke	All	Timed Final	11 - 12	0:12	7 Heats	50
10:36	112.	100m Freestyle	All	Timed Final	11 - 12	0:18	8 Heats	63
10:54	113.	400m Freestyle	All	Timed Final	11 - 12	0:36	5 Heats	34
11:30	114.	4 x 50m Freestyle	All	Timed Final	11 - 12	0:13	4 Heats	25
11:43	End of session				Total duration	3:43		

Schedule Session No. 2 - Saturday afternoon session - 9-10

4/15/2023 - 14:30

Warmup: 13:30 until 14:20

Team Leaders Meeting: 14:15

14:30	201.	200m Freestyle	All	Timed Final	9 - 10	0:22	5 Heats	40
14:52	202.	50m Backstroke	All	Timed Final	9 - 10	0:21	11 Heats	88
15:13	203.	100m Butterfly	All	Timed Final	9 - 10	0:03	1 Heat	8
15:16	204.	200m Breaststroke	All	Timed Final	9 - 10	0:25	5 Heats	39
15:41	205.	50m Freestyle	All	Timed Final	9 - 10	0:17	12 Heats	92
15:58	206.	100m Backstroke	All	Timed Final	9 - 10	0:19	6 Heats	44
16:17	207.	50m Butterfly	All	Timed Final	9 - 10	0:14	8 Heats	60
16:31	208.	100m Breaststroke	All	Timed Final	9 - 10	0:13	4 Heats	27
16:44	209.	100m Medley	All	Timed Final	9 - 10	0:16	6 Heats	41
17:00	210.	200m Medley	All	Timed Final	9 - 10	0:05	1 Heat	5
17:05	211.	50m Breaststroke	All	Timed Final	9 - 10	0:17	9 Heats	68
17:22	212.	100m Freestyle	All	Timed Final	9 - 10	0:24	9 Heats	66
17:46	213.	400m Freestyle	All	Timed Final	9 - 10	0:16	2 Heats	15
18:02	214.	4 x 50m Freestyle	All	Timed Final	9 - 10	0:11	3 Heats	22
18:13	End of session				Total duration	3:43		

Schedule Session No. 3 - Sunday Afternoon session - 8 and under

4/16/2023 - 14:00

Warmup: 13:25 until 13:50

Team Leaders Meeting: 13:45

14:00	301.	200m Freestyle	All	Timed Final	- 8	0:10	2 Heats	11
14:10	302.	50m Backstroke	All	Timed Final	- 8	0:14	7 Heats	53
14:24	303.	100m Butterfly	All	Timed Final	- 8	0:04	1 Heat	3
14:28	304.	200m Breaststroke	All	Timed Final	- 8	0:05	1 Heat	4
14:33	305.	50m Freestyle	All	Timed Final	- 8	0:12	7 Heats	53
14:45	306.	100m Backstroke	All	Timed Final	- 8	0:17	5 Heats	33
15:02	307.	50m Butterfly	All	Timed Final	- 8	0:07	3 Heats	19
15:09	308.	100m Breaststroke	All	Timed Final	- 8	0:06	2 Heats	11
15:15	309.	100m Medley	All	Timed Final	- 8	0:07	2 Heats	15
15:22	310.	200m Medley	All	Timed Final	- 8	0:05	1 Heat	1
15:27	311.	50m Breaststroke	All	Timed Final	- 8	0:14	7 Heats	49
15:41	312.	100m Freestyle	All	Timed Final	- 8	0:17	6 Heats	45
15:58	313.	400m Freestyle	All	Timed Final	- 8	0:08	1 Heat	1
16:06	314.	4 x 50m Freestyle	All	Timed Final	- 8	0:09	2 Heats	15
16:15	End of session				Total duration	2:15		