

**NDSA Summer Racing Series (50m) 2021  
24 July & 25 July 2021 Sunderland Aquatic Centre**

**Swimmers only swimming in the 1<sup>st</sup> four Events in each Session are requested to leave the Poolhall after their swim so we can continue meet the capacity requirement.  
Sessions split for capacity requirements. There will be no Swim-down facility**

**NDSA Summer Racing Series 2021**

**Session - 1**

**Warm-up: 08:00hrs-08:50hrs**

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total
101	W	200 Fl	Heats	35	4	09:00	00:19
102	M	200 Fl	Heats	19	2	09:19	00:10
103	W	200 Br	Heats	38	4	09:29	00:20
104	M	200 Br	Heats	30	3	09:49	00:15
							01:04

**Swimmers should NOT arrive before: 9:45**

**Break with Warm-up: 10:00 - 10:50**

105	M	100 Fr	Heats	41	5	11:00	00:15
106	W	100 Fr	Heats	34	4	11:15	00:15
107	M	100 Ba	Heats	34	4	11:30	00:12
108	W	100 Ba	Heats	30	3	11:42	00:09
109	M	200 Fr	Heats	38	4	11:51	00:15
110	W	200 Fr	Heats	33	4	12:08	00:15
111	M	400 IM	Heats	11	2	12:24	00:15
112	W	400 IM	Heats	14	2	12:39	00:15
							01:51

**Estimated Session Finish Time 12:54**

**Session - 2 24 July**

**Warm-up 13:15 -14:00**

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total
201	M	100 Br	Heats	49	5	14:15	00:15
202	W	100 Br	Heats	30	3	14:30	00:09
203	M	50 Fr	Heats	64	7	14:45	00:15
204	W	50 Fr	Heats	31	4	15:00	00:09
							00:48

**Swimmers should NOT arrive before 14:45**

**Break With Warm-up: 15:00- 15:45**

205	M	100 Fl	Heats	48	5	16:00	00:14
206	W	100 Fl	Heats	33	4	16:14	00:12
207	M	200 IM	Heats	22	3	16:26	00:13
208	W	200 IM	Heats	31	4	16:40	00:17
209	M	400 Fr	Heats	16	2	17:00	00:13
210	W	400 Fr	Heats	21	3	17:13	00:18

Except when competing: When inside the Pool Hall Face Coverings MUST BE WORN AT ALL TIMES

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211	M	200 Ba	Heats	35	4	17:33	00:15
212	W	200 Ba	Heats	16	2	17:48	00:08
							01:50

**Estimated Session Finish Time 17:48**

**Session - 3**

**Warm-up: 08:00hrs-08:50hrs**

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total
301	M	100 Fr	Heats	73	8	09:00	00:21
302	W	100 Fr	Heats	40	4	09:21	00:12
303	M	200 Br	Heats	28	3	09:33	00:12
304	W	200 Br	Heats	25	3	09:45	00:14
							00:59

**Swimmers should NOT arrive before 09:35**

**Break With Warm-up: 10:00 -10:50**

305	M	100 Ba	Heats	47	5	11:00	00:14
306	W	100 Ba	Heats	30	3	11:14	00:09
307	M	200 Fr	Heats	32	4	11:23	00:15
308	W	200 Fr	Heats	32	4	11:38	00:16
309	M	400 IM	Heats	9	1	11:55	00:07
310	W	400 IM	Heats	13	2	12:05	00:14
311	M	200 Fl	Heats	32	4	12:20	00:17
312	W	200 Fl	Heats	21	3	12:40	00:13
							01:55

**Estimated Session Finish Time 12:55**

**Session - 4**

**Warm-up 13:00hrs-13:30hrs**

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start	Total
401	M	100 Br	Heats	28	3	01:30	00:10
402	W	100 Br	Heats	31	4	01:40	00:13
403	M	50 Fr	Heats	60	6	01:53	00:14
404	W	50 Fr	Heats	63	7	02:10	00:15
							00:52

**Swimmers should NOT arrive before 14:15hrs**

**Warm-up: 14:30hrs-15:20hrs**

405	M	100 Fl	Heats	27	3	03:30	00:10
406	W	100 Fl	Heats	25	3	03:40	00:10
407	M	200 IM	Heats	32	4	03:50	00:20

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408	W	200 IM	Heats	22	3	04:10	00:13
409	M	400 Fr	Heats	21	3	04:23	00:21
410	W	400 Fr	Heats	8	1	04:44	00:07
411	M	200 Ba	Heats	30	3	04:51	00:13
412	W	200 Ba	Heats	33	4	05:04	00:18
							01:52