

SNAG Junior Sprints - 12th March 2022, Saturday @ OCBC Aquatic Centre

	Wave	Events	Registration at Entrance	Dryland Warm Up (10mins)	Warm Up in TP (25 mins)	Movt to CP (10 mins)	Race at Comp Pool (15 mins)	Dry Up & Leave AQC (10mins)
AM (Male)	1	50m Free (Heat 1-4)	7.45am	7.45am-7.55am	7.55am-8.20am	8.20am-8.30am	8.30am-8.45am	8.45am-8.55am
	2	50m Free (Heat 5-8)	8.15am	8.15am-8.25am	8.25am-8.50am	8.50am-9.00am	9.00am-9.15am	9.15am-9.25am
	3	50m Free (Heat 9-12)	8.45am	8.45am-8.55am	8.55am-9.20am	9.20am-9.30am	9.30am-9.45am	9.45am-9.55am
	4	50m Free (Heat 13-16)	9.15am	9.15am-9.25am	9.25am-9.50am	9.50am-10.00am	10.00am-10.15am	10.15am-10.25am
	5	50m Free (Heat 17-20)	9.45am	9.45am-9.55am	9.55am-10.20am	10.20am-10.30am	10.30am-10.45am	10.45am-10.55am
	6	50m Free (Heat 21 -22) + 100m Breast (Heat 1-2)	10.15am	10.15am-10.25am	10.25am-10.50am	10.50am-11.00am	11.00am-11.15am	11.15am-11.25am
	7	100m Breast (Heat 3 - 6)	10.45am	10.45am-10.55am	10.55am-11.20am	11.20am-11.30am	11.30am-11.45am	11.45am-11.55am
	8	100m Breast (Heat 7-8) + 100m Fly (Heat 1-2)	11.15am	11.15am-11.25am	11.25am-11.50am	11.50am-12.00pm	12.00pm-12.15pm	12.15pm-12.25pm
	9	100m Fly (Heat 3 - 5)	11.45am	11.45am-11.55am	11.55am-12.20pm	12.20pm-12.30pm	12.30pm-12.45pm	12.45pm-12.55pm
Technical Break								
PM (Female)	10	50m Back (Heat 1-4)	12.45pm	12.45pm-12.55pm	12.55pm-1.20pm	1.20pm-1.30pm	1.30pm-1.45pm	1.45pm-1.55pm
	11	50m Back (Heat 5-8)	1.15pm	1.15pm-1.25pm	1.25pm-1.50pm	1.50pm-2.00pm	2.00pm-2.15pm	2.15pm-2.25pm
	12	50m Back (Heat 9) + 50m Breast (Heat 1 - 3)	1.45pm	1.45pm-1.55pm	1.55pm-2.20pm	2.20pm-2.30pm	2.30pm-2.45pm	2.45pm-2.55pm
	13	50m Breast (Heat 4-7)	2.15pm	2.15pm-2.25pm	2.25pm-2.50pm	2.50pm-3.00pm	3.00pm-3.15pm	3.15pm-3.25pm
	14	50m Breast (Heat 8 - 11)	2.45pm	2.45pm-2.55pm	2.55pm-3.20pm	3.20pm-3.30pm	3.30pm-3.45pm	3.45pm-3.55pm
	15	200IM (Heat 1-4)	3.15pm	3.15pm-3.25pm	3.25pm-3.50pm	3.50pm-4.00pm	4.00pm-4.15pm	4.15pm-4.25pm
	16	200IM (Heat 5-6)	3.45pm	3.45pm-3.55pm	3.55pm-4.20pm	4.20pm-4.30pm	4.30pm-4.45pm	4.45pm-4.55pm

SNAG Junior Sprints - 13th March 2022, Sunday @ OCBC Aquatic Centre

	Wave	Events	Registration at Entrance	Dryland Warm Up (10mins)	Warm Up in TP (25 mins)	Movt to CP (10 mins)	Race at Comp Pool (15 mins)	Dry Up & Leave AQC (10mins)
AM (Male)	1	50m Fly (Heat 1-4)	7.45am	7.45am-7.55am	7.55am-8.20am	8.20am-8.30am	8.30am-8.45am	8.45am-8.55am
	2	50m Fly (Heat 5-8)	8.15am	8.15am-8.25am	8.25am-8.50am	8.50am-9.00am	9.00am-9.15am	9.15am-9.25am
	3	50m Fly (Heat 9-11)	8.45am	8.45am-8.55am	8.55am-9.20am	9.20am-9.30am	9.30am-9.45am	9.45am-9.55am
	4	100m Free (Heat 1-4)	9.15am	9.15am-9.25am	9.25am-9.50am	9.50am-10.00am	10.00am-10.15am	10.15am-10.25am
	5	100m Free (Heat 5-8)	9.45am	9.45am-9.55am	9.55am-10.20am	10.20am-10.30am	10.30am-10.45am	10.45am-10.55am
	6	100m Free (Heat 9-12)	10.15am	10.15am-10.25am	10.25am-10.50am	10.50am-11.00am	11.00am-11.15am	11.15am-11.25am
	7	100m Free (Heat 13-15)	10.45am	10.45am-10.55am	10.55am-11.20am	11.20am-11.30am	11.30am-11.45am	11.45am-11.55am
	8	100m Back (Heat 1-4)	11.15am	11.15am-11.25am	11.25am-11.50am	11.50am-12.00pm	12.00pm-12.15pm	12.15pm-12.25pm
	9	100m Back (Heat 5-7)	11.45am	11.45am-11.55am	11.55am-12.20pm	12.20pm-12.30pm	12.30pm-12.45pm	12.45pm-12.55pm
Technical Break								
PM (Female)	10	50m Fly (Heat 1-4)	12.45pm	12.45pm-12.55pm	12.55pm-1.20pm	1.20pm-1.30pm	1.30pm-1.45pm	1.45pm-1.55pm
	11	50m Fly (Heat 5-8)	1.15pm	1.15pm-1.25pm	1.25pm-1.50pm	1.50pm-2.00pm	2.00pm-2.15pm	2.15pm-2.25pm
	12	50m Fly (Heat 9 - 10) + 100m Free (Heat 1-2)	1.45pm	1.45pm-1.55pm	1.55pm-2.20pm	2.20pm-2.30pm	2.30pm-2.45pm	2.45pm-2.55pm
	13	100m Free (Heat 3-6)	2.15pm	2.15pm-2.25pm	2.25pm-2.50pm	2.50pm-3.00pm	3.00pm-3.15pm	3.15pm-3.25pm
	14	100m Free (Heat 7-10)	2.45pm	2.45pm-2.55pm	2.55pm-3.20pm	3.20pm-3.30pm	3.30pm-3.45pm	3.45pm-3.55pm
	15	100m Free (Heat 11-12) + 100m Back (Heat 1-2)	3.15pm	3.15pm-3.25pm	3.25pm-3.50pm	3.50pm-4.00pm	4.00pm-4.15pm	4.15pm-4.25pm
	16	100m Back (Heat 3-6)	3.45pm	3.45pm-3.55pm	3.55pm-4.20pm	4.20pm-4.30pm	4.30pm-4.45pm	4.45pm-4.55pm

SNAG Junior Sprints - 14th March 2022, Monday @ OCBC Aquatic Centre

	Wave	Events	Registration at Entrance	Dryland Warm Up (10mins)	Warm Up in TP (25 mins)	Movt to CP (10 mins)	Race at Comp Pool (15 mins)	Dry Up & Leave AQC (10mins)
AM (Male)	1	50m Breast (Heat 1-4)	7.45am	7.45am-7.55am	7.55am-8.20am	8.20am-8.30am	8.30am-8.45am	8.45am-8.55am
	2	50m Breast (Heat 5-8)	8.15am	8.15am-8.25am	8.25am-8.50am	8.50am-9.00am	9.00am-9.15am	9.15am-9.25am
	3	50m Breast (Heat 9-12)	8.45am	8.45am-8.55am	8.55am-9.20am	9.20am-9.30am	9.30am-9.45am	9.45am-9.55am
	4	50m Breast (Heat 13) + 50m Back (Heat 1-3)	9.15am	9.15am-9.25am	9.25am-9.50am	9.50am-10.00am	10.00am-10.15am	10.15am-10.25am
	5	50m Back (Heat 4-7)	9.45am	9.45am-9.55am	9.55am-10.20am	10.20am-10.30am	10.30am-10.45am	10.45am-10.55am
	6	50m Back (Heat 8-10)	10.15am	10.15am-10.25am	10.25am-10.50am	10.50am-11.00am	11.00am-11.15am	11.15am-11.25am
	7	200IM (Heat 1-4)	10.45am	10.45am-10.55am	10.55am-11.20am	11.20am-11.30am	11.30am-11.45am	11.45am-11.55am
	8	200IM (Heat 5-7)	11.15am	11.15am-11.25am	11.25am-11.50am	11.50am-12.00pm	12.00pm-12.15pm	12.15pm-12.25pm
Technical Break								
PM (Female)	9	50m Free (Heat 1-4)	12.15pm	12.15pm-12.25pm	12.25pm-12.50pm	12.50pm-1.00pm	1.00pm-1.15pm	1.15pm-1.25pm
	10	50m Free (Heat 5-8)	12.45pm	12.45pm-12.55pm	12.55pm-1.20pm	1.20pm-1.30pm	1.30pm-1.45pm	1.45pm-1.55pm
	11	50m Free (Heat 9-12)	1.15pm	1.15pm-1.25pm	1.25pm-1.50pm	1.50pm-2.00pm	2.00pm-2.15pm	2.15pm-2.25pm
	12	50m Free (Heat 13-16)	1.45pm	1.45pm-1.55pm	1.55pm-2.20pm	2.20pm-2.30pm	2.30pm-2.45pm	2.45pm-2.55pm
	13	50 Free (Heat 17) + 100m Breast (Heat 1-3)	2.15pm	2.15pm-2.25pm	2.25pm-2.50pm	2.50pm-3.00pm	3.00pm-3.15pm	3.15pm-3.25pm
	14	100m Breast (Heat 4-7)	2.45pm	2.45pm-2.55pm	2.55pm-3.20pm	3.20pm-3.30pm	3.30pm-3.45pm	3.45pm-3.55pm
	15	100m Fly (Heat 1-4)	3.15pm	3.15pm-3.25pm	3.25pm-3.50pm	3.50pm-4.00pm	4.00pm-4.15pm	4.15pm-4.25pm