

2023 Kawana Waters Preparation Meet - 22/09/2023 to 23/09/2023**2023 Kawana Waters Preparation Meet****Session Report**

Session: 1 Friday Night Distance Session

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Boys Open 1500 Freestyle	06:00 PM	_____
Finals	2 Girls Open 1500 Freestyle	06:42 PM	_____
Finals	3 Boys Open 800 Freestyle	07:06 PM	_____
Finals	4 Girls Open 800 Freestyle	07:33 PM	_____
Finals	5 Boys Open 200 Backstroke	08:24 PM	_____
Finals	6 Girls Open 200 Backstroke	08:36 PM	_____
Finals	7 Boys Open 200 Breaststroke	08:49 PM	_____
Finals	8 Girls Open 200 Breaststroke	09:02 PM	_____
Finals	9 Boys Open 200 Butterfly	09:16 PM	_____
Finals	10 Girls Open 200 Butterfly	09:20 PM	_____
Finals	11 Boys Open 400 IM	09:24 PM	_____
Finals	12 Girls Open 400 IM	09:32 PM	_____
	Swimmers Counts for Warm-ups: 190		
	Finish Time	09:39 PM	_____

2023 Kawana Waters Preparation Meet - 22/09/2023 to 23/09/2023**2023 Kawana Waters Preparation Meet****Session Report**

Session: 2 AM Session

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	13 Boys Open 400 Freestyle	08:00 AM	_____
Finals	14 Girls Open 400 Freestyle	08:25 AM	_____
Finals	15 Boys 8-9 50 Freestyle	08:58 AM	_____
Finals	16 Girls 8-9 50 Freestyle	09:04 AM	_____
Finals	17 Boys 10 & Over 50 Breaststroke	09:09 AM	_____
Finals	18 Girls 10 & Over 50 Breaststroke	09:23 AM	_____
Finals	19 Boys 10 & Over 50 Breaststroke Multi-Class	09:44 AM	_____
Finals	20 Girls 10 & Over 50 Breaststroke Multi-Class	09:46 AM	_____
Finals	21 Boys 8-9 50 Butterfly	09:48 AM	_____
Finals	22 Girls 8-9 50 Butterfly	09:55 AM	_____
Finals	23 Boys 10 & Over 100 Freestyle	10:01 AM	_____
Finals	24 Girls 10 & Over 100 Freestyle	10:31 AM	_____
Finals	25 Boys 8-9 50 Backstroke	11:09 AM	_____
Finals	26 Girls 8-9 50 Backstroke	11:17 AM	_____
Finals	27 Boys 10 & Over 50 Butterfly	11:23 AM	_____
Finals	28 Girls 10 & Over 50 Butterfly	11:39 AM	_____
Finals	29 Boys 10 & Over 50 Butterfly Multi-Class	12:00 PM	_____
Finals	30 Girls 10 & Over 50 Butterfly Multi-Class	12:02 PM	_____
Finals	31 Boys 8-9 50 Breaststroke	12:04 PM	_____
Finals	32 Girls 8-9 50 Breaststroke	12:11 PM	_____
	Break: 20 Minutes:		
Finals	33 Boys 10 & Over 200 Freestyle	12:37 PM	_____
Finals	34 Girls 10 & Over 200 Freestyle	01:02 PM	_____
Finals	35 Boys 10 & Over 100 Breaststroke	01:38 PM	_____
Finals	36 Girls 10 & Over 100 Breaststroke	01:53 PM	_____
Finals	37 Boys 10 & Over 50 Backstroke	02:13 PM	_____
Finals	38 Girls 10 & Over 50 Backstroke	02:31 PM	_____
Finals	39 Boys 10 & Over 50 Backstroke Multi-Class	02:56 PM	_____
Finals	40 Girls 10 & Over 50 Backstroke Multi-Class	02:58 PM	_____
Finals	41 Boys 10 & Over 100 Butterfly	03:01 PM	_____
Finals	42 Girls 10 & Over 100 Butterfly	03:12 PM	_____
Finals	43 Boys 10 & Over 50 Freestyle	03:21 PM	_____
Finals	44 Girls 10 & Over 50 Freestyle	03:43 PM	_____
Finals	45 Boys 10 & Over 50 Freestyle Multi-Class	04:08 PM	_____
Finals	46 Girls 10 & Over 50 Freestyle Multi-Class	04:09 PM	_____
Finals	47 Boys 10 & Over 100 Backstroke	04:11 PM	_____
Finals	48 Girls 10 & Over 100 Backstroke	04:24 PM	_____
Finals	49 Boys 10 & Over 200 IM	04:47 PM	_____
Finals	50 Girls 10 & Over 200 IM	05:11 PM	_____
	Swimmers Counts for Warm-ups: 490		
	Finish Time	05:44 PM	_____