



2025 Midlands District 200-400m Distance Meet - 2/02/2025 Session Report

Session: 2 200-400m Distance Meet

*Starts at approx. 12:15 PM Heat Interval: 35 Seconds / Back +55 Seconds

Event	Starts at
1-2 combined Mixed 400 Free	*12:15 PM
3-4 combined Mixed 400 IM	12:31 PM
5-6 combined Mixed 200 Free	12:45 PM
7-8 combined Mixed 200 Fly	12:56 PM
9-10 combined Mixed 200 Back	01:00 PM
11 Boys 200 Breast	01:04 PM
12 Women 200 Breast	01:09 PM
13 Boys 200 IM	01:14 PM
14 Women 200 IM	01:17 PM
Swimmers Counts for Warm-ups: 53	
Finish Time	01:21 PM

* Session 2: 200-400m Distance Meet starts approx. 30 minutes after the conclusion of Session 1: All Junior Selections. 12:15pm is an estimate and Session 2 may start prior to this time. Please ensure that you allow for this.

Session and break times are a guide and are subject to change. It is the responsibility of swimmers to ensure that they marshal at the appropriate time. Please keep an eye on the Event board and listen for announcements. Please also be aware that some events have been combined.