

## SSA FEBRUARY TIME TRIALS 2022 (OCBC AQC)

Day 1 26 February 2022, Saturday			Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks	
AM / PM	Wave	Minutes	0	15mins	25mins	5mins	15mins	15mins	Total 1 hr 15 Min	
AM	1	50m Breast (Heat 1-4)	7.45am	7.45am-8.00am	8.00am-8.25am	8.30am-8.45am (to clear comp pool)	<b>8.45am-9.00am</b>	9.00am-9.15am	Warm Down DP /CP	
	2	50m Breast (Heat 5-8)	8.30am	8.30am-8.45am	8.45am-9.10am	9.10am-9.15am	<b>9.15am-9.30am</b>	9.30am-9.45am	Warm Down DP /CP	
	3	200m Free (Heat 1-4)	9.00am	9.00am-9.15am	9.15am-9.40am	9.40am-9.45am	<b>9.45am-10.00am</b>	10.00am-10.15am	Warm Down DP /CP	
	4	200m Free (Heat 5-8)	9.30am	9.30am-9.45am	9.45am-10.10am	10.10am-10.15am	<b>10.15am-10.30am</b>	10.30am-10.45am	Warm Down DP /CP	
	5	200m Back (Heat 1-4)	10.00am	10.00am-10.15am	10.15am-10.40am	10.40am-10.45am	<b>10.45am-11.00am</b>	11.00am-11.15am	Warm Down DP /CP	
	Wave		Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks	
		Minutes	0	15mins	45mins	10mins	20mins	15mins	Total: 1 hr 45 mins	
	6	400m IM (Heat 1-2) 50m Back (Heat 1-2)	10.30am	10.30-10.45am	10.45am-11.30am	11.30am-11.40am	<b>11.40am-12.00pm</b>	12.00pm-12.15pm	Warm Down DP /CP	
PM	Wave		Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks	
		Minutes	0	15mins	25mins	5mins	15mins	15mins	Total: 1 hr 15 min	
		7	50m Back (Heat 3-6)	11.30am	11.30am-11.45am	11.45am-12.10pm	12.10pm-12.15pm	<b>12.15pm-12.30pm</b>	12.30pm-12.45pm	Warm Down DP /CP
		8	50m Back (Heat 7 - 8) 100m Fly (Heat 1-2)	12.00pm	12.00pm-12.15pm	12.15pm-12.40pm	12.40pm-12.45pm	<b>12.45pm-1.00pm</b>	1.00pm-1.15pm	Warm Down DP /CP
		<b>Technical Break</b>								
		9	100m Fly (Heat 3-6)	1.00pm	1.00pm-1.15pm	1.15pm-1.40pm	1.40pm-1.45pm	<b>1.45pm-2.00pm</b>	2.00pm-2.15pm	Warm Down DP /CP
		10	100m Fly (Heat 7 - 8) 100m Free (Heat 1 - 2)	1.30pm	1.30pm-1.45pm	1.45pm-2.10pm	2.10pm-2.15pm	<b>2.15pm-2.30pm</b>	2.30pm-2.45pm	Warm Down DP /CP
		11	100m Free (Heat 3-6)	2.00pm	2.00pm-2.15pm	2.15pm-2.40pm	2.40pm-2.45pm	<b>2.45pm-3.00pm</b>	3.00pm-3.15pm	Warm Down DP /CP
		12	100m Free (Heat 7-10)	2.30pm	2.30pm -2.45pm	2.45pm-3.10pm	3.10pm-3.15pm	<b>3.15pm-3.30pm</b>	3.30pm-3.45pm	Warm Down DP /CP
		13	100m Free (Heat 11-14)	3.00pm	3.00pm -3.15pm	3.15pm-3.40pm	3.40pm-3.45pm	<b>3.45pm-4.00pm</b>	4.00pm-4.15pm	Warm Down DP /CP
		14	100m Free (15 - 18)	3.30pm	3.30pm-3.45pm	3.45pm-4.10pm	4.10pm-4.15pm	<b>4.15pm-4.30pm</b>	4.30pm-4.45pm	Warm Down DP /CP
		15	200m Breast (Heat 1-3)	4.00pm	4.00pm - 4.15pm	4.15pm - 4.40pm	4.40pm - 4.45pm	<b>4.45pm - 5.00pm</b>	5.00pm - 5.15pm	Warm Down DP
		Wave		Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
			Minutes	0	15mins	45mins	5mins	20mins	15mins	Total: 1 hr 40 mins
		16	1500m Free (Heat 1-2)	4.25pm	4.25pm - 4.40pm	4.40pm - 5.25pm	5.25pm - 5.30pm	<b>5.30pm - 6.15pm</b>	6.15pm - 6.30pm	Warm Down DP /CP

## SSA FEBRUARY TIME TRIALS 2022 (OCBC AQC)

Day 2 27 February 2022, Sunday			Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
AM / PM	Wave	Minutes	0	15mins	25mins	5mins	15mins	15mins	Total 1 hr 15mins
AM	1	50m Breast (Heat 1-4)	7.45am	7.45am-8.00am (comp pool)	8.00am-8.25am (comp pool)	8.30am-8.45am (to clear comp pool)	8.45am-9.00am	9.00am-9.15am	Warm Down DP /CP
	2	50m Breast (Heat 5-8)	8.30am	8.30am-8.45am	8.45am-9.10am	9.10am-9.15am	9.15am-9.30am	9.30am-9.45am	Warm Down DP /CP
	3	50m Breast (Heat 9 -10) 200m Free (Heat 1-2)	9.00am	9.00am-9.15am	9.15am-9.40am	9.40am-9.45am	9.45am-10.00am	10.00am-10.15am	Warm Down DP /CP
	4	200m Free (Heat 3-6)	9.30am	9.30am-9.45am	9.45am-10.10am	10.10am-10.15am	10.15am-10.30am	10.30am-10.45am	Warm Down DP /CP
	5	200m Free (Heat 7-10)	10.00am	10.00am-10.15am	10.15am-10.40am	10.40am-10.45am	10.45am-11.00am	11.00am-11.15am	Warm Down DP /CP
	6	200m Back (Heat 1-3)	10.30am	10.30am-10.45am	10.45am-11.10am	11.10am-11.15am	11.15am-11.30am	11.30am-11.45am	Warm Down DP /CP
	Wave	Minutes	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
		0	15mins	45mins	10mins	20mins	15mins	Total: 1 hr 45 mins	
7	400m IM (Heat 1-2)	11.00am	11.00am-11.15am	11.15am-12.00pm	12.00pm-12.10pm	12.10pm-12.30pm	12.30pm-12.45pm	Warm Down DP /CP	
<b>Technical Break</b>									
PM	Wave	Minutes	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
			0	15mins	25mins	5mins	15mins	15mins	Total: 1 hr 15 mins
	8	50m Back (Heat 1-4)	12.30pm	12.30pm-12.45pm	12.45pm-1.10pm	1.10pm-1.15pm	1.15pm-1.30pm	1.30pm-1.45pm	Warm Down DP /CP
	9	50m Back (Heat 5-8)	1.00pm	1.00pm-1.15pm	1.15pm-1.40pm	1.40pm-1.45pm	1.45pm-2.00pm	2.00pm-2.15pm	Warm Down DP /CP
	10	50m Back (Heat 9) + 100 Fly (Heat 1 - 3)	1.30pm	1.30pm-1.45pm	1.45pm-2.10pm	2.10pm-2.15pm	2.15pm-2.30pm	2.30pm-2.45pm	Warm Down DP /CP
	11	100m Free (Heat 1-4)	2.00pm	2.00pm-2.15pm	2.15pm-2.40pm	2.40pm-2.45pm	2.45pm-3.00pm	3.00pm-3.15pm	Warm Down DP /CP
	12	100m Free (Heat 5-8)	2.30pm	2.30pm -2.45pm	2.45pm-3.10pm	3.10pm-3.15pm	3.15pm-3.30pm	3.30pm-3.45pm	Warm Down DP /CP
	13	100m Free (Heat 9-12)	3.00pm	3.00pm -3.15pm	3.15pm-3.40pm	3.40pm-3.45pm	3.45pm-4.00pm	4.00pm-4.15pm	Warm Down DP /CP
	14	100m Free (Heat 13) 200m Breast (Heat 1-3)	3.30pm	3.30pm-3.45pm	3.45pm-4.10pm	4.10pm-4.15pm	4.15pm-4.30pm	4.30pm-4.45pm	Warm Down DP /CP
	Wave	Minutes	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
		0	15mins	45mins	5 mins	20mins	15mins	Total: 1 hr 45 mins	
15	1500m Free (Heat 1)	3.55pm	3.55pm to 4.10pm	4.10pm - 4.55pm	4.55pm to 5.00pm	5.00pm to 5.25pm	5.25pm to 5.45pm	Warm Down @ CP	