

Updated 17<sup>th</sup> Feb 21



SINGAPORE SWIMMING

**SINGAPORE SWIM SERIES**  
**19<sup>th</sup> to 21<sup>st</sup> February 2021**  
**OCBC Aquatic Centre**



# DAILY SCHEDULE

Day 1		Day 2		Day 3	
Women	1500 Free	Women	50 Fly	Men	50 Breast
Men	1500 Free	Women	200 Back	Men	100 Back
		Women	100 Free	Men	200 Free
		Women	400IM	Women	50 Breast
		Men	400IM	Women	100 Back
		Men	50 Fly	Women	200 Free
		Men	200 Back		
		Men	100 Free		

# DAY 1 SCHEDULE

Day 1 19 Feb 2021	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
Est Timeline	0	0-30mins	30-85mins	85-90mins	90-105mins	105-135mins	Total: 2hrs 30mins
Minutes	0	30mins	60mins	15mins	15mins	30mins	
Event 101 / 102 Heat 1 of 1500 M + W	4.30pm	-	4.30pm-5.45pm (Competition Pool)	5.45pm-6.00pm (to clear comp pool)	6.00pm – 6.35pm	6.20pm to 7.00pm	Warm Down at <b>Training Pool</b>
Event 101 / 102 Heat 2 of 1500 M + W	5.00pm	5.00pm-5.30pm	5.30pm-6.30pm	6.30pm – 6.40pm	6.40pm – 7.20pm	7.20pm – 7.45pm	Warm Down at <b>Training Pool</b>
Event 101 Heat 3 of 1500 M	5.45pm	5.45pm to 6.15pm	6.15pm to 7.15pm	7.15pm to 7.20pm	7.20pm – 7.45pm	7.45pm to 8.15pm	Warm Down at Competition Pool

# DAY 2 SCHEDULE

Day 2 20 Feb 2021	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
Est Timeline	0	0-30mins	30-85mins	85-90mins	90-105mins	105-135mins	Total: 2hrs 15mins
Minutes	0	30mins	55mins	5mins	15mins	30mins	
Event 201 • 50 Fly W	7.30am	-	7.45am-8.45am (Competition Pool)	8.45am-9.00am (to clear comp pool)	9.00am-9.15am	9.15am-9.45am	Warm Down at <b>Diving Pool</b>
Event 202 • 200 Back W	8.00am	8.00am-8.30am	8.30am-9.25am	9.25am-9.30am	9.30am-9.45am	9.45am-10.15am	Warm Down at <b>Diving Pool</b>
Event 203 • 100 Free W	9.00am	9.00am-9.30am	9.30am-10.25am	10.25am-10.30am	10.30am-10.45am	10.45am-11.15am	Warm Down at <b>Diving Pool</b>
Event 204 • 400IM W	10.00am	10.00am-10.30am	10.30am-11.25am	11.25am-11.30am	11.30am-12.00pm	12.00pm-12.30pm	Warm Down at <b>Diving Pool</b>
Event 205 • 400IM M	11.00am	11.00am-11.30am	11.30am-12.25pm	12.25pm-12.30pm	12.30pm-1.00pm	1.00pm-1.30pm	Warm Down at Diving Pool
Event 206 • 50 Fly M	12.00pm	12.00pm-12.30pm	12.30pm-1.25pm	1.25pm-1.30pm	1.30pm-1.45pm	1.45pm-2.15pm	Warm Down at Comp Pool
Event 207 • 200 Back M	1.00pm	1.00pm-1.30pm	1.30pm-2.25pm	2.25pm-2.30pm	2.30pm-2.45pm	2.45pm-3.15pm	Warm Down at Comp Pool
Event 208 • 100 Free M	2.00pm	2.00pm-2.30pm	2.30pm-3.25pm	3.25pm-3.30pm	3.30pm-3.45pm	3.45pm-4.15pm	Warm Down at Comp Pool

# DAY 3 SCHEDULE

Day 3 21 Feb 2021	Enter AQC	Stretch Area	Warm Up at TP	Movement from TP->CP	Race at CP	Warm Down & Leave AQC	Remarks
Est Timeline	0	0-30mins	30-85mins	85-90mins	90-105mins	105-135mins	Total: 2hrs 15mins
Minutes	0	30mins	55mins	5mins	15mins	30mins	
Event 301 • 50 Breast M	7.30am	-	7.45am-8.45am (Competition Pool)	8.45am-9.00am (to clear comp pool)	9.00am-9.15am	9.15am-9.45am	Warm Down at <b>Diving Pool</b>
Event 302 • 100 Back M	8.00am	8.00am-8,30am	8.30am-9.25am	9.25am-9.30am	9.30am-9.45am	9.45am-10.15am	Warm Down at <b>Diving Pool</b>
Event 303 • 200 Free M	9.00am	9.00am-9.30am	9.30am-10.25am	10.25am-10.30am	10.30am-10.45am	10.45am-11.15am	Warm Down at <b>Diving Pool</b>
Event 304 • 50 Breast W	10.00am	10.00am-10.30am	10.30am-11.25am	11.25am-11.30am	11.30am-11.45am	11.45am-12.15pm	Warm Down at Comp Pool
Event 305 • 100 Back W	11.00am	11.00am-11.30am	11.30am-12.25pm	12.25pm-12.30pm	12.30pm-12.45pm	12.45pm-1.15pm	Warm Down at Comp Pool
Event 306 • 200 Free W	12.00pm	12.00pm-12.30pm	12.30pm-1.25pm	1.25pm-1.30pm	1.30pm-1.45pm	1.45pm-2.15pm	Warm Down at Comp Pool