

## RCT NEW YEAR MEET 2023

Session	Warm Up	Time	Lane/s	Gender
1	1	08:30-08:45	2 & 3	Girls
1	3	09:00-09:15	2 & 3	Boys
2	1	12:15-12:30	2 & 3	Girls
2	3	12:45-13:00	2 & 3	Boys
3	1	15:45-16:00	2 & 3	Boys
3	3	16:15-16:30	2 & 3	Girls
4	1	08:30-08:45	2 & 3	Boys
4	3	09:00-09:15	2 & 3	Girls
5	1	11:45-12:00	2 & 3	Boys
5	3	12:15-12:30	2 & 3	Girls
6	1	15:00-15:15	2 & 3	Girls
6	3	15:30-15:45	2 & 3	Boys

Start	Finish	Duration
Session 1		
09:20	11:45	2 Hrs 25 min
Lunch		
11:45	12:15	30 min
Session 2		
13:05	15:35	2 Hrs 30 min
Break		
15:35	15:45	10 min
Session 3		
16:35	18:45	2 Hrs 10 min
Sunday		
Session 4		
09:20	11:15	1 Hr 55 min
Lunch		
11:15	11:45	30 min
Session 5		
12:35	14:47	2 Hrs 12 min
Break		
14:47	15:00	13 min
Session 6		
15:50	17:35	1 Hr 45 min