

Amman Valley Mid-Distance Meet Nov. 2023

Session Times

Date	Session	Warm-up Time	Start Time	Events	Estimated Finish
Sun. 12 th November	1	08.00	09.00	101 – 103	12.00
	2	12.10	13.10	201 – 206	15.30
	3	15.40	16.10	301 - 305	18.55

Please note that the session times provided are as accurate as possible. However, there are a large number of swimmers in the meet who have entered with 'NT' and this sometimes causes sessions to overrun. Please be aware that these session times are for guidance only and may vary slightly on the day.