



# Plymouth Leander Swimming **PL**

[www.plymouthleander.co.uk](http://www.plymouthleander.co.uk)

**Plymouth Leander (Level 1- 1SW1561) Long Course Open 2011**  
**Millfield School, Somerset: Friday 16th – Sunday 18th December 2011**

**Under ASA Laws & Technical Rules**

- Venue** : Millfield School , Street, Somerset,  
(Next to Clarks Village Outlet Mall)
- Pool** : 8 Lane 50m Racing Pool  
: Constantly Available Swim Down Pool  
: Electronic Timing & 8-Lane Display  
: Free Parking  
: **This is a Level 1 Licensed Meet (1SW1561)**  
**for Entry into National Competitions & Championships**
- Age Groups** : **Boys - Age group:** 9/10yrs ; 11/12yrs ; 13/14yrs ;  
: **Youth:** 15/16 yrs ; **Senior:** 17 yrs & Over; Open  
: **Girls - Age group:** 9/10yrs ; 11/12yrs ; 13yrs ;  
: **Youth:** 14/15 yrs; **Senior:** 16 yrs & Over; Open  
: Ages as at 18<sup>th</sup> December 2011
- Events** : 50m Open Events All Strokes,  
: 100m & 200m All Strokes (9/10yrs cannot enter 100m events)  
: 400m, 800m & 1500m Freestyle (11 yrs & over)  
: 200m & 400m IM (400IM 11 yrs & over)
- Awards** : Medals to 1<sup>st</sup> three in all Age Group events and Junior finals (except open)  
: Cash awards to 1<sup>st</sup> three in all Youth/Senior Podiums  
: Top Male & Female Athlete Awards for 9/10 & 11&Over  
: Top Visiting Team Award inc Prize Money to Head Coach  
: Most Festive Club Award (Coach Fancy Dress on Sunday)  
: Referees Challenge Cup for officials and coaches
- Fees** : Race Entry Fee £7.50 (£8.50 non Hy-Tek) for 1500m and 800m  
: Race Entry Fee £7.00 (£8.00 non Hy-Tek) for all other Events  
: Full Weekend Programme £5 per programme  
: Spectator Entry £15 for all three days (£6 per day or £4 per session)
- Entries To** : Bernadette Glasson  
Hill House, 23 Tavistock Road, Crownhill, Plymouth PL5 3DG  
HyTek entries to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk)  
Enquiries can be e-mailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or  
Call 0044 1752 790888
- Closing** : 12.00 Midnight on 5<sup>th</sup> November 2011





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**Millfield School, Somerset: Friday 16th – Sunday 18th December 2011**

## MEET CONDITIONS

- The event will be held at Millfield School, Somerset (8 lane 50m pool) on 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> December 2011
- The event will be held under ASA Laws and ASA Technical Rules. All swimmers must be registered members of an ASA or FINA affiliated club, and amateurs as defined by ASA Law
- Over the top starts may be used at the promoter's discretion.

- A competitor may enter all events in his/her age group and Open events
 

AGE GROUP	YOUTH	SENIOR	OPEN
<b>Male:</b> 9/10 yrs;11/12 yrs; 13/14 yrs	15-16 yrs	17 yrs & Over	9 yrs & Over
<b>Female:</b> 9/10 yrs;11/12 yrs; 13 yrs	14-15 yrs	16 yrs & Over	9 yrs & Over

Competitors age groups shall be defined as at **18<sup>th</sup> December 2011**

- The Events  
All heats will be seeded and spearheaded

### Age Group Events

- All Age Group ranges are defined in condition 4. above.
- All Age Group events are Heat Declared Winner (HDW) with the exception of 50m events, which are run as Open events.
- 9/10 yrs age swimmers may NOT swim in the 100m events.
- Age Group swimmers 11 yrs & over can ALSO take part in Youth/Senior events as long as they meet the qualifying standard for their age.
- Junior Finals for the Boys 14 yrs & Under and Girls 13 yrs & Under will run for 100m & 200m events based on times achieved in the Age Group sessions.

### Youth/Senior Events

- All Senior/Youth age ranges are defined in condition 4 above. Age Group swimmers 11 yrs & over can ALSO take part in Youth/Senior events as long as they meet the qualifying standard for their age.
- All Senior/Youth events are HDW with the exception of 100m & 200m events and the 50m Freestyle which have A & B finals.
- Senior/Youth A and B Finals will run for the fastest 16 swimmers from the heats.
- If less than 24 competitors enter an event with an A & B Final, only the A final will take place.

### Awards

- The top three Age Group swimmers in ALL events will receive an award based on heat times, except for open events where the top three swimmers overall will receive an award.
- Age Group swimmers who enter Youth/Senior 100m & 200m events will not be eligible for an award in these events.
- Age Group medals are based on Age Group heats from the afternoon sessions only.
- Awards for finals will be to the top 3 swimmers in each event.
- A cash prize will be paid to the top three Senior/Youth swimmers for each event.
- A competitor who does not achieve the entry QT, or has been disqualified will not receive an award

### 7. Additional awards will be made to the:

- Top Male Athlete 9/10 & 11 & Over (both excluding 50m events & finals)
- Top Female Athlete 9/10 & 11 & Over (both excluding 50m events & finals)
- Top Visiting Club (excluding 50m events & finals) - A Trophy to the Club and £150 to the Head Coach
- Most Festive Club (athletes, coaches & spectators who have made the greatest effort to enter into a Christmas spirit throughout the meet, including Fancy Dress on Sunday for Coaches and Team Managers)
- Referees Challenge Cup – open to all officials and coaches - distance and stroke to be agreed on the day!

- All submitted entry times must either be times achieved in a 50m pool or times which have been converted to a 50m pool time (meet qualification times have been set at AA graded table, or minimum Level 1 times, whichever is fastest). Team staff, swimmers and parents must submit correct and truthful entry times, as defined in the ASA Code of Conduct. Times may be checked via the ASA rankings system.



Performance Programme





# Plymouth Leander Swimming



www.plymouthleander.co.uk

## Plymouth Leander (Level 1- 1SW1561) Long Course Open 2011 Millfield School, Somerset: Friday 16th – Sunday 18th December 2011

9. Entries of 10 or more swimmers from the same Club must be made electronically by HyTek file, as an attachment to an email. Entries of 9 or less swimmers from the same Club may be made using the official meet entry form. Non-electronic entries (by post or by email) will attract a surcharge of £1.00 per event.
10. Teams are requested to provide one licensed official to work every session of the meet for every 10 swimmers they enter into the competition. Teams unable to comply with this condition need to contact Bernadette Glasson by email (see below) ASAP so we can ensure the meet is adequately staffed.
11. If the meet is over subscribed, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made seek to ensure an equal balance of swimmers across the age groups and events.
12. In the case of events with limited entries, priority will be given to swimmers entering the meet from **International, Scotland, Northern Ireland and/or Channel Island teams**, and to **any PL swimmer who guarantees a volunteer to work for the whole weekend**. If we are short of officials, priority will also be given to **swimmers who guarantee an ASA Licensed Official to officiate at all sessions that the swimmer competes in, in addition to their team requirement (see condition 10)**. However, these competitors must still enter with the stated qualification times, and meet all other conditions.
13. No refunds for entries will be given after the entries have been processed, except in the case of:
  - a swimmer being subsequently selected to swim for their country on the same day.
  - the production of a Doctor's note confirming the athlete is unfit to compete.
14. There will be no entry cards for this meet. Swimmers must sign in for each individual event prior to the Warm Up of the session in which they are competing. **Swimmers will be scratched from events in which they do not comply with this sign in procedure.**
15. Session warm-up & start times will be confirmed on receipt of entries.
16. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
17. All Clubs will be permitted to purchase up to three Meet Accreditations per Club (regardless of entrant numbers) and one additional Meet Accreditation per 10 athletes over 30 swimmers. Meet Accreditations will not be sold on the day. Admission to pool deck will be refused to non accreditation holders.
18. Plymouth Leander Swimming uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet
19. Closing date for entries is **12.00 Midnight on 5<sup>th</sup> November 2011**

20. Charges as follows

<ul style="list-style-type: none"> <li>▪ <b>Race Entry Fee:</b></li> </ul>	<table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Events</th> <th style="text-align: right;">HyTek</th> <th style="text-align: right;">Manual</th> </tr> </thead> <tbody> <tr> <td><b>1500m or 800m Freestyle</b></td> <td style="text-align: right;"><b>£7.50</b></td> <td style="text-align: right;"><b>£8.50</b></td> </tr> <tr> <td><b>all other Events</b></td> <td style="text-align: right;"><b>£7.00</b></td> <td style="text-align: right;"><b>£8.00</b></td> </tr> </tbody> </table>	Events	HyTek	Manual	<b>1500m or 800m Freestyle</b>	<b>£7.50</b>	<b>£8.50</b>	<b>all other Events</b>	<b>£7.00</b>	<b>£8.00</b>
Events	HyTek	Manual								
<b>1500m or 800m Freestyle</b>	<b>£7.50</b>	<b>£8.50</b>								
<b>all other Events</b>	<b>£7.00</b>	<b>£8.00</b>								
<ul style="list-style-type: none"> <li>▪ <b>Full Weekend Programme:</b></li> <li>▪ <b>Spectator Entry:</b></li> </ul>	<p><b>£5.00 per Programme</b>  <b>£4.00 per session (finals session free)</b>  <b>£6.00 per day</b>  <b>£15.00 for all three days</b></p>									
<ul style="list-style-type: none"> <li>▪ <b>Three-Day Meet Accreditation:</b></li> <li>▪ <b>One-Day Meet Accreditation:</b></li> </ul>	<p><b>£25.00 per Accreditation</b>  <b>£10.00 per Accreditation</b></p>									





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21. All persons wishing to use photographic equipment, including mobile phones with photographic capacity, must register such equipment at the entrance desk
22. Any swimmer unable to execute a safe dive from the starting blocks into shallow water are reminded that they should start from the side of the pool
23. The promoters reserve the right to make alterations to the above conditions if necessary. All participants will be informed of any such changes

**PLEASE DO NOT USE RECORDED DELIVERY OR SPECIAL DELIVERY TO POST YOUR ENTRY FORMS.**

If you are concerned about your entry reaching the destination on time, please telephone the Meet Promoter or e-mail an electronic entry file to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk)

Entries Returned to: [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or Bernadette Glasson, Hill House, 23 Tavistock Road, Crownhill, Plymouth PL5 3DG

Cheques payable to 'PLSA'.

Enquiries can be emailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or call 0044 1752 790888



Performance Programme





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## PROGRAMME OF EVENTS

Session warm-up & start times will be confirmed on receipt of entries

\* Open Events

DAY ONE					DAY TWO					DAY THREE				
Friday 16 <sup>th</sup> December 2011					Saturday 17 <sup>th</sup> December 2011					Sunday 18 <sup>th</sup> December 2011				
am Youth & Senior Heats					am Youth & Senior Heats					am Youth & Senior Heats				
1	M	100m	Freestyle	H	19	W	200m	Freestyle	H	34	M	400m	IM	HDW
2	W	400m	IM	HDW	20	M	200m	Breaststroke	H	35	W	400m	Freestyle	HDW
3	M	100m	Backstroke	H	21	W	100m	Backstroke	H	36	M	100m	Butterfly	H
4	W	100m	Freestyle	H	22	M	200m	Butterfly	H	37	W	200m	Breaststroke	H
5	M	100m	Breaststroke	H	23	W	100m	Butterfly	H	38	M	200m	Backstroke	H
6	W	100m	Breaststroke	H	24	M	200m	Freestyle	H	39	W	200m	Butterfly	H
7	M	200m	IM	H	25	W	200m	IM	H	40	M	1500m	Freestyle	HDW
8	W	200m	Backstroke	H	26	M	50m*	Backstroke	HDW	41	W	50m*	Backstroke	HDW
9	M	400m	Freestyle	HDW	27	W	50m*	Breaststroke	HDW	42	M	50m*	Freestyle	H
10	W	50m*	Butterfly	HDW						43	W	50m*	Freestyle	H
11	M	50m*	Butterfly	HDW						44	M	50m*	Breaststroke	HDW
Friday 16 <sup>th</sup> December 2011					Saturday 17 <sup>th</sup> December 2011					Sunday 18 <sup>th</sup> December 2011				
pm Age Group Heats					pm Age Group Heats					pm Age Group Heats				
12	W	800m	Freestyle	HDW	28	B	200m	IM	H	45	G	200m	Freestyle	H
13	B	100m	Butterfly	H	29	G	100m	Freestyle	H	46	B	100m	Breaststroke	H
14	G	200m	Breaststroke	H	30	B	100m	Backstroke	H	47	G	200m	IM	H
15	B	200m	Backstroke	H	31	G	100m	Breaststroke	H	48	B	200m	Butterfly	H
16	G	200m	Butterfly	H	32	B	100m	Freestyle	H	49	G	100m	Butterfly	H
17	B	200m	Breaststroke	H	33	G	200m	Backstroke	H	50	B	200m	Freestyle	H
18	G	100m	Backstroke	H										
Friday 16 <sup>th</sup> December 2011					Saturday 17 <sup>th</sup> December 2011					Sunday 18 <sup>th</sup> December 2011				
pm FINALS					pm FINALS					pm FINALS				
1F	M	100m	Freestyle	A & B	19F	W	200m	Freestyle	A & B	45F	G	200m	Freestyle	Junior
13F	B	100m	Butterfly	Junior	28F	B	200m	IM	Junior	36F	M	100m	Butterfly	A & B
4F	W	100m	Freestyle	A & B	20F	M	200m	Breaststroke	A & B	46F	B	100m	Breaststroke	Junior
14F	G	200m	Breaststroke	Junior	29F	G	100m	Freestyle	Junior	37F	W	200m	Breaststroke	A & B
3F	M	100m	Backstroke	A & B	21F	W	100m	Backstroke	A & B	47F	G	200m	IM	Junior
15F	B	200m	Backstroke	Junior	30F	B	100m	Backstroke	Junior	38F	M	200m	Backstroke	A & B
6F	W	100m	Breaststroke	A & B	22F	M	200m	Butterfly	A & B	48F	B	200m	Butterfly	Junior
16F	G	200m	Butterfly	Junior	31F	G	100m	Breaststroke	Junior	39F	W	200m	Butterfly	A & B
5F	M	100m	Breaststroke	A & B	23F	W	100m	Butterfly	A & B	49F	G	100m	Butterfly	Junior
17F	B	200m	Breaststroke	Junior	32F	B	100m	Freestyle	Junior	50F	B	200m	Freestyle	Junior
8F	W	200m	Backstroke	A & B	24F	M	200m	Freestyle	A & B	42F	M	50m	Freestyle	A & B
18F	G	100m	Backstroke	Junior	33F	G	200m	Backstroke	Junior	43F	W	50m	Freestyle	A & B
7F	M	200m	IM	A & B	25F	W	200m	IM	A & B					





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**Meet Qualification Times**  
**AGE GROUP Qualifying**  
**Times**

EVENT	GIRLS					BOYS					
	9	10	11	12	13	9	10	11	12	13	14
100m Free			1:13.3	1:09.7	1:07.3			1:13.5	1:08.4	1:04.7	1:02.3
200m Free	3:28.9	2:52.8	2:39.4	2:30.8	2:24.8	3:23.4	2:53.0	2:39.6	2:29.9	2:20.6	2:15.8
100m Breast			1:33.7	1:28.1	1:24.5			1:34.7	1:27.5	1:21.9	1:18.7
200m Breast	4:24.7	3:40.7	3:21.9	3:11.1	3:01.9	4:20.5	3:45.3	3:25.2	3:10.6	2:58.2	2:49.9
100m Fly			1:21.8	1:17.1	1:14.1			1:22.6	1:16.3	1:11.3	1:08.0
200m Fly	3:47.4	3:26.4	3:02.9	2:51.0	2:41.9	3:53.6	3:29.2	3:04.1	2:49.3	2:38.3	2:30.2
100m Back			1:23.2	1:18.7	1:16.2			1:23.5	1:18.0	1:13.2	1:10.1
200m Back	3:52.7	3:12.2	2:58.4	2:48.2	2:43.0	3:46.7	3:16.3	2:58.9	2:47.5	2:38.2	2:31.1
200m IM	3:55.2	3:15.8	2:59.5	2:50.2	2:44.3	3:52.0	3:17.4	3:01.0	2:49.0	2:39.0	2:33.3
400m Free			5:32.0	5:14.4	5:02.7			5:31.3	5:11.9	4:55.9	4:46.9
800m Free			11:29.5	10:49.9	10:23.2						
1500m Free								23:45.2	20:43.0	19:33.6	18:49.6
400m IM			6:25.9	6:00.8	5:46.8			6:29.2	6:00.2	5:38.8	5:26.1

**YOUTH/SENIOR Qualifying Times**

EVENT	FEMALE						MALE			
	YOUTH 14	YOUTH 15	SENIOR 16	SENIOR 17 & Over	OPEN		YOUTH 15	YOUTH 16	SENIOR 17 & Over	OPEN
50m Free					32.9					31.3
100m Free	1:06.4	1:05.8	1:05.4	1:05.2		1:00.7	59.7	59.0		
200m Free	2:23.0	2:21.2	2:19.8	2:19.3		2:12.0	2:10.0	2:08.7		
400m Free	4:58.9	4:55.5	4:53.3	4:52.3		4:38.2	4:33.4	4:32.3		
800m Free	10:12.8	10:07.4	10:03.9	10:04.6						
1500m Free						18:21.3	18:09.4	17:56.7		
50m Breast					41.5					39.7
100m Breast	1:23.4	1:22.5	1:22.3	1:22.3		1:16.5	1:15.5	1:14.7		
200m Breast	2:58.5	2:57.7	2:57.1	2:57.1		2:45.4	2:43.2	2:41.6		
50m Fly					35.7					34.0
100m Fly	1:12.4	1:11.9	1:11.6	1:10.8		1:06.0	1:04.8	1:04.1		
200m Fly	2:39.4	2:37.0	2:36.2	2:34.9		2:25.6	2:22.8	2:22.0		
50m Back					38.0					36.1
100m Back	1:14.5	1:13.7	1:13.3	1:12.9		1:08.1	1:07.2	1:06.7		
200m Back	2:39.2	2:37.0	2:35.6	2:35.2		2:26.3	2:24.5	2:24.0		
200m IM	2:41.4	2:39.8	2:38.8	2:38.0		2:29.2	2:26.8	2:25.4		
400m IM	5:40.5	5:36.3	5:35.5	5:33.7		5:16.6	5:11.6	5:10.7		



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## Entry Form

COMPLETE IN BLOCK CAPITALS – PHOTOCOPIES ACCEPTED BUT SIGNATURES MUST BE ORIGINAL

Club				
Surname		First Name		Middle Initial
Preferred Name (for Programme)				
Date of Birth		Age as at 18 <sup>th</sup> December 2011		M/F
Address and Postcode				
Telephone Number / Mobile Number (Parent* - contact for entry queries)				
e-Mail Address (for confirmation of receipt of entry)				
ASA Registration Number				

EVENT	Please circle the event number in the appropriate column				ENTRY TIME
	Youth/Senior events		Age Group events		
	Male 15 & Over	Female 14 & Over	Boys 9-14yrs	Girls 9-13yrs	
50m Freestyle (Open)	42	43	42	43	
100m Freestyle	1	4	32	29	
200m Freestyle	24	19	50	45	
400m Freestyle	9	35	9	35	
1500m Freestyle	40		40		
800m Freestyle		12		12	
50m Butterfly (Open)	11	10	11	10	
100m Butterfly	36	23	13	49	
200m Butterfly	22	39	48	16	
50m Breaststroke (Open)	44	27	44	27	
100m Breaststroke	5	6	46	31	
200m Breaststroke	20	37	17	14	
50m Backstroke (Open)	26	41	26	41	
100m Backstroke	3	21	30	18	
200m Backstroke	38	8	15	33	
200m Individual Medley	7	25	28	47	
400m Individual Medley	34	2	34	2	

Individual Payment Details (see Summary Sheet for Grouped Payment and Coaches Pass Details)

Total No of Entries	Description	Cost per Event	Total
	Individual Entries	£7.00/£8.00#	
	800m/1500m Entries	£7.50/£8.50#	
Cheques Payable to PLSA. Entries Close 5th November 2011 : Amount Due £			
# Entries not submitted in Hy-Tek format (e.g. post or by email) will attract a surcharge of £1.00 per event			





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## Team Entry Summary Sheet

Cheques should be made payable to 'PLSA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek entry file for this meet will be available on [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) We would appreciate this method of entry and this is **mandatory** for 10 or more entries from the same Club. Please note that we are using Meet Manager 3.0.

PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Evening)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

Total No. of Entries	@	£7.00 each electronic (£8.00 non electronic)	=	
Total No. of Entries (800m & 1500m events)	@	£7.50 each electronic (£8.50 non electronic)	=	
Weekend Coach Pass	@	£25.00 each	=	
1 Day Coach Pass Friday/Saturday/Sunday*	@	£10.00 each	=	
*Delete as Appropriate				
<b>Closing Date: 5<sup>th</sup> November 2011</b>		<b>Total Cheque Enclosed</b>	<b>£</b>	

Please email HyTek file to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk)

Please post form & payment to: Bernadette Glasson Hill House, 23 Tavistock Road, Crownhill, Plymouth PL5 3DG

- Enquiries can be emailed to [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk) or call **0044 1752 790888**. Cheques to 'PLSA'
- Electronic entries can be on e-mailed but please also submit a printout with this form

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:

(Team Manager) ..... Date .....

Please **do not** use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting





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## Officials' List

### Meet Condition 10:

*"Teams are requested to provide one licensed official to work every session of the meet for every 10 swimmers they enter into the competition. Teams unable to comply with this condition need to contact Bernadette Glasson by email (see below) ASAP so we can ensure the meet is adequately staffed."*

Please complete the form below with names of the Licensed Officials who will be working on behalf of your swimmers:

CLUB:								
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9

Contact details for clubs unable to fulfil this criteria:

Bernadette Glasson [pl\\_meet@hotmail.co.uk](mailto:pl_meet@hotmail.co.uk)

Officials receive a gift for each day they work, refreshments and meals for their sessions, and are entered into a prize draw to be drawn Sunday lunchtime (1 entry for each session worked).

