

London Region Summer Open Meet 2019 Summary of Key Times

Gala No.	Event No.	Officials Reporting Time	Withdrawal Closes	Warm Up Starts	Warm Up Finishes	Event Starts	Estimated Finish	Session Duration	Day Duration	Catering for Officials
Saturday, 22 June LAC	1	101 to 105	8:15 AM	8:10 AM	8:00 AM	8:50 AM	9:00 AM	11:45 AM	2:45	8:00am Coffee
	2	106 to 110	12:15 PM	12:10 PM	12:00 PM	12:50 PM	1:00 PM	2:30 PM	1:30	11:45am Lunch
	3	111 to 116	3:15 PM	3:10 PM	3:00 PM	3:50 PM	4:00 PM	6:00 PM	2:00	6:15 2:30pm Coffee
Sunday, 23 June LAC	4	201 to 205	8:15 AM	8:10 AM	8:00 AM	8:50 AM	9:00 AM	11:25 AM	2:25	8:00am Coffee
	5	206 to 210	12:00 PM	11:55 AM	11:45 AM	12:35 PM	12:45 PM	2:15 PM	1:30	11:30am Lunch
	6	211 to 216	3:00 PM	2:55 PM	2:45 PM	3:35 PM	3:45 PM	5:30 PM	1:45	5:40 2:30pm Coffee