

Southeastern Swimming

Session Limit Guidelines

These guidelines show the suggested maximum number of swimmers allowed per session in SES-sanctioned meets in order to meet the four-hour session limit for 12 and Under age group swimmers. The numbers are based on the number of lanes in use, the number of swims allowed per session and the average time for each swim.

Short Course			Long Course		
No. of Lanes	No. of Events	No. of Swimmers	No. of Lanes	No. of Events	No. of Swimmers
4	3	160	6	3	200
	4	125		4	180
	5	100		5	160
5	3	200	7	3	275
	4	150		4	200
	5	125		5	150
6	3	240	8	3	320
	4	180		4	250
	5	150		5	190
7	3	300	10	3	400
	4	225		4	300
	5	175		5	200
8	3	320			
	4	225			
	5	200			
10	3	400			
	4	300			
	5	200			