

Swim England National Summer Meet 2nd – 6th Aug 2017

The following swimmers can be seen **in action** via each link and start position provided.

List of the swimmers and events

- Alex Florance** - 100m Breastroke
- Sam Peck** – 50m + 100m Breastroke & 200 IM + 400 IM
- Natalie Coogans** – 200m Breastroke
- Luke Bryan** – 1500m Freestyle
- Freddie Laws** – 200m Breastroke
- Sam Rose** – 100m Butterfly & 400m Freestyle
- Lara-Grace Mount** – 200m Backstroke
- Nathan Wells** – 200m Freestyle, 50m + 100m Backstroke & 200 IM

02/08/17

Day 1- S.England National Summer Meet 2017 – Session 1 -- Heats

Swimmer	Event/heats	Lane	Time bar - start at:-
Alex Florance	17yrs - 100m Breast	----- L 4	----- 39.54
Sam Peck	17yrs - 100m Breast	----- L 8	----- 41.48
Nathan Wells	19yrs - 200m Free	----- L 4	----- 1:21.50
Sam Peck	17yrs - 400m IM	----- L 7	----- 3:06.28

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=ukjSm-tvD6o>

02/08/17

Day 1- S.England National Summer Meet 2017 – Session 2 -- Finals

Swimmer	Event/ Final	Lane	Time bar - start at:-
Nathan Wells	19yrs - 200m Free	-----L 4	----- 1:37.40

Ctrl+Click to follow link - https://www.youtube.com/watch?v=d1nt_UisRPE

03/08/17

Day 2 - S.England National Summer Meet 2017 – Session 3 -- Heats

Swimmer	Event/heats	Lane	Time bar - start at:-
Sam Rose	14yrs - 100m Fly	----- L 4	----- 1:22.46
Freddie Laws	14yrs - 200m Breast	----- L 4	----- 1:59.36
Natalie Coogans	19yrs – 200m Breast	----- L 4	----- 2:48.40

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=o69Ejij8X3I>

03/08/17

Day 2 - S.England National Summer Meet 2017 – Session 4 -- Heats

Swimmer	Event/heats	Lane	Time bar - start at:-
Luke Bryan	17yrs - 1500m Free	----- L 9	----- 1:46.50

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=UC9RH06sZ-o>

03/08/17

Day 2 - S.England National Summer Meet 2017 – Session 5 -- Finals

Swimmer	Event/Finals	Lane	Time bar - start at:-
Sam Rose	14yrs - 100m Fly	----- L 2	----- 1:11.38
Natalie Coogans	19yrs – 200m Breast	----- L 4	----- 2:50.16

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=Oxv4ZtjmdgM>

04/08/17

Day 3 - S.England National Summer Meet 2017 – **Session 6 -- Heats**

Swimmer Event/**heats** Lane Time bar - **start at:-**

Nathan Wells 19yrs - 50m Back -----L 2----- **2:00.55**
Sam Peck 17yrs - 200m IM -----L 0----- **2:48.30**
Nathan Wells 19yrs - 200m IM -----L 3----- **2:51.34**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=kP5JCLuLnSM>

04/08/17

Day 3 – S. England National Summer Meet 2017 – **Session 7 -- Finals**

Swimmer Event/**Finals** Lane Time bar - **start at:-**

Nathan Wells 19yrs - 50m Back -----L 2----- **44.45**
Nathan Wells 19yrs - 200m IM -----L 3----- **2:33.35**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=LEfxr7ABVL0>

05/08/17

Day 4 - S.England National Summer Meet 2017 – **Session 8 -- Heats**

Swimmer Event/**heats** Lane Time bar - **start at:-**

Sam Peck 17yrs - 50m Breast -----L 9----- **1:35.56**
Nathan Wells 19yrs - 100m Back -----L 4----- **2:22.20**
Sam Rose 14yrs - 400m Free-----L 7----- **2:56.02**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=z-r4pPvRPXo>

05/08/17

Day 4 - S.England National Summer Meet 2017 – **Session 9 -- Finals**

Swimmer Event/**Finals** Lane Time bar - **start at:-**

Nathan Wells 19yrs - 100m Back -----L 2----- **29.34**
Sam Rose 14yrs - 400m Free -----L 7----- **2:48.20**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=EUb-Ni63ICU>

06/08/17

Day 5 - S.England National Summer Meet 2017 – **Session 10 -- Heats**

Swimmer Event/**heats** Lane Time bar - **start at:-**

Lara-Grace Mount 15yrs - 200m Back -----L 1----- **57.15**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=NDZcKWD4ZIE>

06/08/17

Day 4 - S.England National Summer Meet 2017 – **Session 11 -- Finals**

Swimmer Event/**Finals** Lane Time bar - **start at:-**

Lara-Grace Mount 15yrs - 200m Back -----L 0----- **1:40.45**

Ctrl+Click to follow link - <https://www.youtube.com/watch?v=CPnXtoj-Uw>

Information - **About the National Summer Meet**

Click on this link - <http://www.swimming.org/sport/about-the-national-summer-meet/>

Information provided
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