

		Rushmoor Royals Spring L3 Long Course Open Meet (50m), Garrison Sports Centre, Aldershot 23rd and 24th March 2024 Licence No. 3SE240166	
Affiliated to Swim England			
Programme of Events			
Saturday 23rd March			
Session 1	Warm up 08:00	Start 08:20	Sign-In for 800m Freestyle by 8am
101	Mixed	10years/over	800m Freestyle
Break			
Session 2	Warm up TBC	Start TBC	No Sign-In
201	Female	10years/over	400m IM
202	Open/Male	10years/over	400m IM
203	Female	All age groups	200m Backstroke
204	Open/Male	All age groups	200m Backstroke
205	Female	All age groups	100m Butterfly
206	Open/Male	All age groups	100m Butterfly
207	Female	All age groups	50m Freestyle
208	Open/Male	All Age groups	50m Freestyle
Lunch			
Session 3	Warm up TBC	Start TBC	No Sign-In
301	Open/Male	All age groups	200m Freestyle
302	Female	All age groups	200m Freestyle
303	Open/Male	All age groups	100m Breaststroke
304	Female	All age groups	100m Breaststroke
305	Open/Male	All age groups	50m Backstroke
306	Female	All age groups	50m Backstroke
307	Open/Male	All age groups	200m IM
Sunday 24th March			
Session 4	Warm up 08:00	Start 08:20	Sign-In for 1500 Freestyle by 8am
401	Mixed	10years/over	1500 Freestyle
Break			
Session 5	Warm up TBC	Start TBC	No Sign-In
501	Female	All age groups	200m Breaststroke
502	Open/Male	All age groups	200m Breaststroke
503	Female	All age groups	100m Freestyle
504	Open/Male	All age groups	100m Freestyle
505	Female	All age groups	50m Butterfly
506	Open/Male	All age groups	50m Butterfly
507	Female	All age groups	200m IM
Lunch			
Session 6	Warm up TBC	Start TBC	No Sign-In
601	Open/Male	All age groups	400m Freestyle
602	Female	All age groups	400m Freestyle
603	Open/Male	All age groups	200m Butterfly
604	Female	All age groups	200m Butterfly
605	Open/Male	All age groups	100m Backstroke
606	Female	All age groups	100m Backstroke
607	Open/Male	All age groups	50m Breaststroke
608	Female	All age groups	50m Breaststroke

N.B. Although age groups will be combined to make more efficient use of water time, awards will still be made to the top three swimmers in each of the following groups:
9, 10, 11, 12, 13, 14, 15, 16 and 17/over (Age as 24th March 2024)
Exact timings tbc