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|  RR_2_special | **Rushmoor Royals LC End of Season L3 Open Meet (50m), Garrison Sports Centre, Aldershot****13th and 14th July 2024****Licence No. 3SE241148** |
| Affiliated to Swim England |  |
| Programme of Events |
| **Saturday 13th July** |
| **Session 1** | **Warm up 08:00** | **Start TBC** |  |
| 101 | Female | All age groups | 400m Freestyle |
| 102 | Open/Male | All age groups | 200m Butterfly |
| 103 | Female | All age groups | 200m Breaststroke |
| 104 | Open/Male | All age groups | 100m Freestyle |
| 105 | Female | All age groups | 100m Backstroke |
| 106 | Open/Male | All age groups | 50m Backstroke |
| 107 | Female | All age groups | 50m Freestyle |
|  | **Break**  |  |  |
| **Session 2** | **Warm up TBC** | **Start TBC** |  |
| 201 | Female | All age groups | 200m IM |
| 202 | Open/Male | 10/over | 400m IM |
| 203 | Female | All age groups | 100m Butterfly |
| 204 | Open/Male | All age groups | 200m Freestyle |
| 205 | Female | All age groups | 200m Backstroke |
| 206 | Open/Male | All age groups | 100m Breaststroke |
| 207 | Female | All age groups | 50m Breaststroke |
| 208 | Open/Male | All age groups | 50m Butterfly |
| 209 | Female | 13/under | SKINS |
| 210 | Female | 14/over | SKINS |
|  |  | **Finish TBC** |  |
|  |  |  |  |
| **Sunday 14th July** |
| **Session 3** | **Warm up 08:00** | **Start TBC** |  |
| 301 | Open/Males | All age groups | 400m Freestyle |
| 302 | Females | All age groups | 200m Butterfly |
| 303 | Open/Males | All age groups | 200m Breaststroke |
| 304 | Females | All age groups | 100m Freestyle |
| 305 | Open/Males | All age groups | 100m Backstroke |
| 306 | Females | All age groups | 50m Backstroke |
| 307 | Open/Males | All age groups | 50m Freestyle |
|  | **Break** |  |  |
| **Session 4** | **Warm up TBC** | **Start TBC** |  |
| 401 | Open/Males | All age groups | 200m IM |
| 402 | Females | 10/over | 400m IM |
| 403 | Open/Males | All age groups | 100m Butterfly |
| 404 | Females | All age groups | 200m Freestyle |
| 405 | Open/Males | All age groups | 200m Backstroke |
| 406 | Females | All age groups | 100m Breaststroke |
| 407 | Open/Males | All age groups | 50m Breaststroke |
| 408 | Females | All age groups | 50m Butterfly |
| 409 | Open/Males | 13/under | SKINS |
| 410 | Open/Males | 14/over | SKINS |
|  |  | **Finish TBC** |  |

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, plus 13/under and 14/over for SKINS events (Age as at 14th July 2024)

Exact timings tbc